Cheyenne & Arapaho
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A love bonded from childhood

By Rebecka Lyman, Reporter/Ad Sales

Little did a young country boy and small city girl know when they first met they would someday have a family of their own, but they did. Jeff Spottedbird and Anissa White have shared their love for over a decade.

"I remember meeting Anissa at my grandpa John's place out in the country in Kingfisher. I think I was about 13 and Anissa was11," Jeff smiled.

Anissa looked at Jeff and laughed.

"I believe we met before then and the pond we played at was way out in the middle of no where," Anissa said. "His grandpa John Lamebull was a friend of my grandpa George White, who was a full blood Cherokee. He moved to El Reno from Tahlequah when I was little. Jeff's grandpa John took my grandpa in and adopted him, he would introduce him as his son to other people and they became best friends."

Anissa and Jeff agreed that they did meet each other at an earlier age, because the memories of playing at the pond were one in the same.

"One time when I was about 11, we were at the gate going to the pond and I had that feeling I had been there before. When I got home I asked my grandpa if I had been there before, and he told me we used to go fishing in the pond when I was smaller," Anissa turned and grinned at Jeff. "His grandpa John took my grandpa and introduced him to his grandpa Gilbert, they would all go out to John's place and go fishing and my grandpa would take me with him. I remember there being two little boys out there playing, it was Jeff and his twin brother. I was maybe about 4 years old at the time."

Anissa grew up in the city of El Reno being raised by her grandpa George, at the same time Jeff was raised out in the country in Kingfisher, Okla. with his mother Ella Spottedbird and grandpa.

The young couple shared a laugh and Jeff fondly recalled the memory of the first time he saw Anissa.

"I remember a black truck driving down to the pond all the time, when I would see that truck my brother and I would go down there to look around and go fishing. I remember there being a little girl down by the pond, it must have been Anissa," Jeff said. "When Anissa and I had Jeffery, we were sitting on the front porch of her grandpas place and he mentioned Gilbert as being his best friend. At that time George … Anissa's grandpa had a stroke and his memory was not so good at times. Any how I told him that Gilbert was my grandpa and that I lived out in Kingfisher. George told me that he remembered me and my brother and that we were always running around at the pond back then."

The couple grew over the years playing hide and go seek, basketball and tag. Then the day came when Jeff had the courage to ask Anissa's grandpa if he could take her out on a date.

"I was about 17 and Anissa was15 when I went over to her house one day to ask her grandpa for permission to take her out. I was scared to even ask him. He was a very hard man and when it came to Anissa he was very protective," Jeff said. "After I asked him, he told me it was alright because my grandpa Gilbert was his friend and he knew my family."

Jeff said he drove Anissa to Bricktown in Oklahoma

*See **Love bonded from childhood**, page 8*

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Look Inside...

Soldier says goodbye to military life as he pursues a career in culinary arts pg. 2

Teen girl receives life through organ donation pg. 5

World renown artist dedicate art murals for new community gym pg. 6

SPORTS SPOTLIGHT

Abigail and Kayla Reynolds pg. 14

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Wynnewood attorney is charged with felony sex crimes

By Rosemary Stephens, Editor-in-Chief

A Wynnewood attorney and member of the Chickasaw tribe, Jeremy Daniel Oliver, was arrested on Feb. 4, 2013 at his home in Wynnewood, Okla. He has been charged with two felonies and one misdemeanor.

Oliver, 33, said "It is what it is," following his arrest on Monday, Feb. 4, Garvin County sheriff's captain reported in a court affidavit.

According to public records, Oliver has been charged with,

Count 1 – Soliciting sexual conduct or communication with minor by use of technology, a felony that occurred on or about the 3rd day of February 2013. This crime is punishable by imprisonment up to 10 years or a fine up to $10,000 or both.

Count 2 – Obscene material, publish/distribute/participate, a felony. On or about the 3rd day of February 2013. This crime is punishable by imprisonment up to 10 years or a fine up to $10,000 or both.

Count 3 – Possession of controlled dangerous substance, a misdemeanor. This crime is punishable by imprisonment up to 1 year and a fine of up to $1,000.

"The text messages sent from Jeremy Oliver request to have sex with both daughters and mother," Capt. Travis Crawford wrote. "Oliver offered $1,000 off (legal services) for sexual favors and/or nude pictures of the 18 year old daughter and $500 off for sexual favors and/or nude pictures of the 13 year old daughter."

Attorney, Jeremy Daniel Oliver was booked into the Garvin County jail on Feb. 4, 2013.

A search Monday, Feb. 4 of Oliver's home in Wynnewood turned up marijuana and several hundred nude photographs of females, the captain reported.

"From evidence at the residence, there is a real possibility there may be other victims," Garvin County Sheriff Larry Rhodes said.

Garvin County District Attorney, Greg Mashburn said he hopes, if there are other victims, they will come forward.

Oliver is licensed to prac-

*See **Wynnewood attorney's arrest**, page 4*

Tribes' education leaders reach out to Oklahoma City families

By Rebecka Lyman, Reporter/Ad Sales

The Cheyenne and Arapaho tribes' Education Program held a community outreach meeting on Jan. 28, 2013 at the Oklahoma City Public Schools Administration Building in Oklahoma City for tribal members and their families.

"Thank you all for coming tonight, we are here along with the Native American Student Services staff of Oklahoma City to go over some important topics that pertain to your children who attend Oklahoma City Public Schools," Kathleen Tallbear, Cheyenne and Arapaho tribes, Adult Education and Outreach Services, director said.

Andrea Mann, Oklahoma City Native American Student Services, Cultural Program Coordinator introduced herself to the parents and shared information on resources available for their children.

"Our program currently serves about 1,300 students within the Oklahoma City schools. Out of the 1,300, there are 200 Cheyenne and Arapaho students. We have a lot of programs to offer our students like the Johnson O'Malley (JOM) and Title VII programs. If your children are not enrolled in our program yet I encourage you to do so. I have brought with me tonight paperwork that you can fill out and we can get them the help they need and deserve," Mann said.

Mann told the parents that at the beginning of each school year the program provides uniforms and school supplies to each Native student attending Oklahoma City schools.

"We also have a culture program for the male students grades third through 12, we offer a mentoring program, The little Sisters Society, for female students grades fifth through 11 and a dance class for all students," Mann stated. "We hold parent meetings once a month we call them Native Family Night. They are held at different schools within the Oklahoma City area. The kids really enjoy the activities we have for them like storytelling contests, Hand games and bingo are just a few to mention."

Photo by Rebecka Lyman

Andrea Mann speaks about the positive resources available for Native American students who attend Oklahoma City Public Schools.

The Native Family Night meetings are held the second Thursday of every month. Mann said the program was invited to participate in a Hand game tournament at Pawnee schools.

"We have been invited to

*See **Education outreach**, page 10*

Soldier says goodbye to military life as he pursues a career in culinary arts

By Rosemary Stephens, Editor-in-Chief

Sergeant Cincinnati Ray Harjo, 34, wears a bracelet around his wrist he never removes. It is in honor of his friend, his brother in arms, Staff Sergeant Leroy Webster, who lost his life in Iraq.

"In April 2009 I lost one of my good buddies over there … it happened right in front of me, there on the ground. We were on the ground going door to door at the time talking to residents, seeing what they needed, what we could do better to help them and we were talking to a store owner standing out in the street … which was really a bad place to be. It just happened in a second's time, from a sniper. Everyone scattered and took cover and he just kind of went down on one knee and fell backward. I went running out to him, everybody was screaming to take cover and I was yelling for help to drag him behind the Humvee to take cover," Harjo chokingly said as he went back in time to that day. "It happened so fast … one other person ran out and helped me and called for the trucks to give us maximum protection so the medic could do what he could, but there wasn't really anything he could do for him. We didn't know it at the time, but the bullet went through his radio, bypassed his body armor and went through his heart. A couple minutes before this happened I was talking to him telling him we needed to wrap this up because we had been in one position for too long, which we shouldn't stay in any position to long and I walked to the corner about 30 feet away giving out gum to the kids and then bam it all went down."

Harjo enlisted on Aug. 26, 1999 with the Oklahoma National Guard. He said he wanted to try something different in his life.

"The recruiter really talked it up so I actually joined up the same day I went in even though I had planned on just going in to get more information about the National Guard," Harjo laughed.

"I left for basic training in January 2000, graduated from basic in May 2000 as a cannon crew member. I was in the National Guard until 2003 and then that's when I went active duty. I was stationed at Ft. Polk, LA for a year and then from there I went to Germany. I was there from 2004 to 2007 and I loved it … it was totally different. You had to get used to the currency and pick up some of the language there too. My family came in 2005, my wife at the time, Amy Gibbens, and my two children, Maci and Alicyn. It was fun for the girls, they got to see different things, like castles and experience a different culture."

Harjo would end up re-enlisting two times and spending over 13 years in the Army where he witnessed the war on terror first hand, in not one deployment, but in two.

"The first time I was deployed was November 2005 and I spent three weeks in Kuwait and then deployed north to Baghdad, Iraq until the end of October 2006. They send you to Kuwait first for training, a starting point before you are deployed to Iraq. We did one year in Baghdad, redeployed back into Germany and then my next deployment wasn't until 2009. I deployed for my second round, Jan. 4, 2009, and got back one year later, Jan. 5, 2010," Harjo said. "There is nothing in Kuwait but sand, as far as the eye can see, just sand. The Kuwaiti people were there on the military post to do certain jobs, but they were all pretty nice. People in Kuwait are totally different than people in Iraq. The people there liked us being there, but once we went north up to Iraq, it became totally different. You didn't know who you could trust over there, you had to keep guard constantly on patrol and not on patrol. All I can really say is it was really different over there."

Sgt. Cincinnati Harjo teaches a class on what to look for when looking for roadside bombs to the Iraqi police department in Baghdad.

Harjo smiled a soft, sad smile when he said, "I was involved in a total of four IEDs (improvised explosive device), roadside bombs, and it's pretty bad. The suicide bombings we saw, man it was just chaos and a mess everywhere. We were there to assist the Iraqi police with roping off the area while they were doing their part. When we first got to Baghdad, we did two four-hour patrols a day, anytime of the day or night. Our sector was the whole area south of Baghdad and we would do what we called presence patrol, patrolling the neighborhoods and up and down the highways. The kids there were happy we were there. They would wave and ask for soda and candy all the time. We were told to watch out for everybody because you just didn't know who would be targeting us."

Harjo struggled to talk about his days spent in Iraq, wanting to share his story, but at times unable to do anything but shake his head and say, "it was really different, so different, that's all I really know to say."

He said on a typical day off duty they stayed inside a lot because of incoming mortars and rockets that showered on the F.O.B. (forward operating base).

"We were instructed to stay inside as much as possible. When we would go to the cafeteria we would have to take the Humvee just to stay protected. Sometimes we would have to go pick up food for everyone in our building and bring it back, depending on how much fire we were taking," Harjo said. "The last IED I was involved in, Aug. 16, 2006, about two weeks before we were supposed to get deployed back home … we were out in the country doing presence patrol this time, I was in the middle truck this time, but usually I was the gunner, but this time I was actually driving. We were going along and all of a sudden everything went black. The vehicle behind us said we hit it and we rolled about 30 feet from impact. I didn't know anything for probably an hour and a half later. They said I was conscious, but I couldn't remember anything until I came to at the TMC, which is like a triage clinic at the airport. Everybody in the truck had concussions and my truck commander took shrapnel. It was so different. I use that word a lot but it just is a really different way of life."

Harjo suffered traumatic brain injury, memory loss, dizzy spells and was diagnosed with post traumatic stress disorder (PTSD). He said a lot of his comrads suffered PTSD from what they witnessed and experienced during deployment.

"Sometimes its hard to talk about or sometimes its not. Its good that there are programs out there to help us, veterans, but not many people actually use the programs. Some people keep it inside and that's not good. Sometimes with reintegration we have to do an assessment and if we click yes on certain questions the Army will make sure you go through some type of counseling and after that it really is up to you whether you want to continue it or not … they don't demand you continue," Harjo said. "I ended up getting divorced in 2009 after my first deployment … I am sure being gone all the time didn't help any, but actually I think a lot of it was I was having nightmares from my first deployment … I kind of went into a downward spiral until I got help again and when I almost hit bottom is when we split up. Then on top of that I was ordered to my

Courtesy photos

Sgt. Cincinnati Harjo in the Kuwait desert, 2009.

*See **Soldier leaves military life**, page 8*

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Cheyenne and Arapaho Social Services and Indian Health Service sign Stephanie Dodge Initiative into effect

Submitted article

Indian Health Services CEO, Capt. Carmen Clelland

In the spring 2012, Cheyenne and Arapaho Social Services Executive Director, LaRenda Morgan, and Indian Health Services (IHS) CEO, Capt. Carmen Clelland, met in Concho, Okla. to establish some of the needs of the tribal community regarding social services clients. On top of the priority list were the Child Protection and Indian Child Welfare (ICW) clients, who are in the custody or guardianship of the Cheyenne and Arapaho tribes and/or who may reside temporarily in the Emergency Youth Shelter or tribal foster home.

Morgan saw the need for an action plan to address this area. She felt it was necessary to establish a relationship with IHS because they often serve as the primary care provider for many tribal members. Their employees and health programs are already serving many of the children in the ICW and Child Protection programs. Their health records may already be in the IHS system. Also it was important to address some issues that the clients face upon receipt into the tribes' custody.

"Some children suffer from neglect or severe emotional, physical and sexual abuse. Small children many times don't understand the removal from their family and suffer depression episodes. The children need to have updated immunizations, dental work, hearing and vision and physicals to address such things as head lice, scabies, skin infections or other health problems from neglect of bathing or clean clothes. Many children suffer from malnutrition, and low self esteem or behavioral issues in living in homes with alcohol and drug abuse/use," Morgan stated.

The main issue seen in every child taken into custody is the need for behavioral health counseling or treatment. This is due to the abuses or neglect the children suffer. These children need counseling and redirection to guide them to a healthier and more functional way of life, as to not repeat the patterns of dysfunctional behaviors of abuse experienced in their previous unhealthy home environments.

Cheyenne and Arapaho Social Services Executive Director, LaRenda Morgan

Capt. Clelland and Morgan conducted several meetings throughout 2012 and formed a collaborative agreement called the Stephanie Dodge Initiative. The collaborative agreement is to memorialize the provision of Behavioral Health care services to eligible American Indian and Alaska Native foster care children ages 0-18 years of age, while in the custody of the Cheyenne and Arapaho tribes.

This agreement will allow caseworkers to take children in the tribes' custody to the Indian Clinic for expedited treatment. According to the Bureau of Indian Affair's (BIA) contract and federal guidelines of children residing in the emergency youth shelter, the children must have physical examinations within a specified amount of time. This agreement will help keep the program in compliance and also allow for the ICW and CPS childrens' needs to be met more quickly.

IHS has also agreed to come and provide training to the Cheyenne and Arapaho ICW and child protection staff, as well as tribal foster and adoptive parents, in the areas of abuse, neglect and behavioral health.

This agreement is the first of its kind between a tribal social services program and IHS. It could serve as a model

*See **Stephanie Dodge initiative**, continued on page 10*

Photo by Rebecka Lyman

On Feb. 4, 2013 Oklahoma Highway Patrolman, Tony Lucero presented Cheyenne and Arapaho tribal member and Chief Allen Sutton, with a black and white photo taken a 100 years ago by Chaufty Studios of the Cheyenne and Arapaho Indian Parade dated Sept. 9 -11, 1912 in Watonga, Okla.

Cheyenne Chief, Gordon Yellowman compiled the names of the Chiefs and tribal members that were in the parade held during the Cheyenne and Arapaho Indian Fair.

(From l-r)William Goodsell, Robert Burns, Paul Boynton, Chief Grant Left Hand, Chief YellowHawk, Tobacco, Sweet Water, Chief YellowBull, Chief Bird Chief, Leonrad Turkey Legs, Chief Different Tails, Chief Man Stands on Cloud, Chief Woman Heart, Lone Bear, Chief Little Hand, Chief Hicks, Chief Rear Bull, Chief Star, Chief Burns all-over, Cut Hair, Chief Wolf Mule, Chief Matches, Chief Three Fingers, Crooked Nose, Chief Spotted Hawk, Chief Mad Bull, Big Nose, Night Hawk Geese, Standing Twenty, Big Snake, Chief Curious Horn, Chief Nibbs-Plover, boy unknown, Chief LittleWolf-Dog Smiles, boy unknown, boy unknown, Charles Dupree, Chief Gold and Harry Black.

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Underage drinking, a growing health concern for youth

Submitted by John Blackowl

The Indian Alcohol, Substance Abuse Program (IASAP) coordinator, John Blackowl focuses on an epidemic issue involving an alarming number of youth ... underage drinking. When a health topic needs special attention, the Surgeon General issues a national call to action to everyone in America. The Surgeon General's *Call to Action to Prevent and Reduce Underage Drinking* explains why, "Underage alcohol use is a major public health and safety issue." It asks everyone to take action.

The Surgeon General lets people across the country know the latest news on how to get healthy and stay healthy. He explains how to avoid illness and injury.

As they grow older, the chance that young people will use alcohol grows. Approximately 10 percent of 12 year olds say they have used alcohol at least once. By age 13 that number doubles, and by age 15, approximately 50 percent have had at least one drink.

Alcohol dependence is a term doctors use when people have trouble controlling their drinking, and when their consumption of, or preoccupation with, alcohol occurs to the extent that it interferes with normal personal, family, social, or work life. Alcohol dependence rates are highest among young people between ages 18 and 20, and they're not even old enough to drink legally.

Did you know the greatest influence on young people's decisions to begin drinking is the world they live in, which includes families, friends, schools, the larger community, and society as a whole?

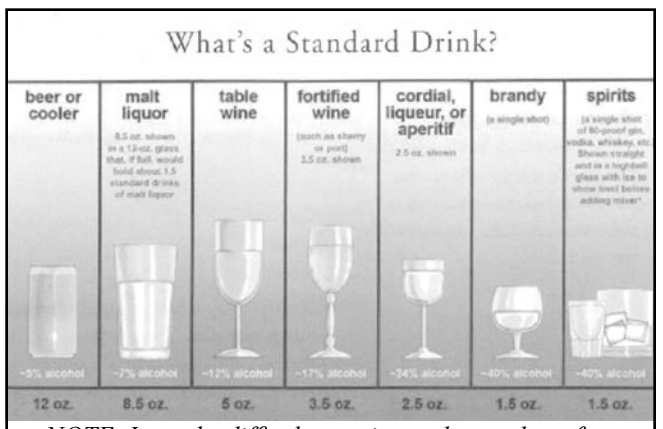
Alcohol use by young people often is made possible by adults. After all, teens can't legally get alcohol on their own.

What is "a drink," anyway?

A drink can come in many forms. It can be a shot of hard liquor or a mixed drink containing vodka, rum, tequila, gin, scotch, etc. It can also be wine, a wine cooler, beer, or malt liquor.

Most young people who start drinking before age 21 do so when they are about 13 or14 years old. That's why it's important to start talking early and keep talking about underage drinking, and that's why all adults working with young people should send the same message that underage drinking is not okay.

A standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). This is the amount of alcohol usually found in one 12-ounce beer or one 4 to 5 ounce glass of wine or one 1.5 ounce shot of 80 proof liquor.



NOTE: It can be difficult to estimate the number of standard drinks served in a single mixed drink made with hard liquor. Depending on factors such as type of spiritis and the recipe, one mixed drink can contain from one to three or more standard drinks.

But not all drinks are standard drinks. In fact, different drinks often have different amounts of alcohol. Mixed drinks may contain more than one shot of liquor, and different beers or wines may not have the same amount of alcohol in them, even when the drinks are the same size. For example, some beers and beer products, like "ice" beers, and malt liquors, and some wines, have more alcohol than others.

Remember, the legal drinking age is 21 and underage drinking can be a threat to health and development.

Wynnewood attorney's arrest

continued from page 1

tice law in the state of Oklahoma and has represented Leslie Wandrie-Harjo as her lead counsel in her leadership dispute with Cheyenne and Arapaho Governor, Janice Prairie-Chief Boswell.

Boswell and Wandrie-Harjo ran together in 2008 for Governor and Lt. Governor, winning the election and taking office in January 2009. Shortly after, differences arose, splitting the alliance between Boswell and Wandrie-Harjo.

Wandrie-Harjo has maintained she is the rightful leader of the tribes and retained Oliver as part of her lead legal counsel to represent her in numerous cases filed against the Cheyenne and Arapaho tribes. Some of these cases include $6 million in frozen tribal funds in Custer County, Okla. and the withholding of approximately $756,000 in an Ada based bank for the 2011 tribal oil and gas per capita payments. Harjo, in her claims as Governor of the Cheyenne and Arapaho tribes, maintains she appointed Oliver as the tribes' Attorney General and operates offices in El Reno, Okla., however, the Cheyenne and Arapaho tribes' recognize Charlie Morris as their current Attorney General.

Oliver currently has outstanding warrants issued by the Cheyenne and Arapaho tribes for a 2011 theft at the Tribal Courthouse in Concho, Okla. Morris is currently pursing extradition of Oliver on these warrants.

Attempts to reach Oliver for comment were unsuccessful.

Rhodes asked that anyone who has information about Oliver's case to call his office at (405) 238-7591.

Officials fear bath salts are growing drug problem

FULTON, Miss. (AP)-When Neil Brown got high on bath salts, he took his skinning knife and slit his face and stomach repeatedly. Brown survived, but authorities say others haven't been so lucky after snorting, injecting or smoking powders with such innocuous-sounding names as Ivory Snow, Red Dove and Vanilla Sky.

The product, which can be legally purchased, contains stimulants which authorities claim can cause hallucinations, paranoia and suicidal thoughts. Some say the effects of the powders are as powerful as abusing methamphetamine.

Increasingly, law enforcement agents and poison control centers say the bath salts with complex chemical names are an emerging menace in several U.S. states where authorities talk of banning their sale. From the Deep South to California, emergency calls are being reported over exposure to the stimulants the powders often contain: mephedrone and methylenedioxypyrovalerone, also known as MDPV.

Sold under such names as Ivory Wave, Bliss, White Lightning and Hurricane Charlie, the chemicals can cause hallucinations, paranoia, rapid heart rates and suicidal thoughts, authorities say. The chemicals are in bath salts and even plant foods that are sold legally at convenience stores and on the Internet. However, they aren't necessarily being used for the purposes on the label.

Mississippi lawmakers this week began considering a proposal to ban the sale of the powders, and a similar step is being sought in Kentucky. In Louisiana, the bath salts were outlawed by an emergency order after the state's poison center received more than 125 calls in the last three months of 2011 involving exposure to the chemicals.

In Brown's case, he said he had tried every drug from heroin to crack and was so shaken by terrifying hallucinations that he wrote one Mississippi paper urging people to stay away from the bath salts.

"I couldn't tell you why I did it," Brown said, pointing to his scars. "The psychological effects are still there."

While Brown survived, sheriff's authorities in one Mississippi county say they believe one woman overdosed on bath salts there. In southern Louisiana, the family of a 21-year-old man says he cut his throat and ended his life with a gunshot. Authorities are investigating whether a man charged with capital murder in the December death of a Tippah County, Miss., sheriff's deputy was under the influence of the bath salts.

The stimulants aren't regulated by the U.S. Drug Enforcement Administration, but are facing federal scrutiny. Law officers say some of the substances are being shipped from Europe, but origins are still unclear.

Gary Boggs, an executive assistant at the DEA, said there's a lengthy process to restrict these types of designer chemicals, including reviewing the abuse data. But it's a process that can take years. Dr. Mark Ryan, director of Louisiana's poison control center, said he thinks state bans on the chemicals can be effective. He said calls about the salts have dropped sharply since Louisiana banned their sale in January.

Ryan said cathinone, the parent substance of the drugs, comes from a plant grown in Africa and is regulated. He said MDPV and mephedrone are made in a lab, and they aren't regulated because they're not marketed for human consumption. The stimulants affect neurotransmitters in the brain, he said.

"It causes intense cravings for it. They'll binge on it three or four days before they show up in an ER. Even though it's a horrible trip, they want to do it again and again," Ryan said.

Ryan also stated at least 25 states have received calls about exposure, including Nevada and California. He said Louisiana leads with the greatest number of cases at 165, or 48 percent of the U.S. total, followed by Florida with at least 38 calls to its poison center.

Dr. Rick Gellar, medical director for the California Poison Control System, said the first call about the substances came in Oct. 5, and a handful of calls have followed since. But he warned, "The only way this won't become a problem in California is if federal regulatory agencies get ahead of the curve. This is a brand new thing."

In the Midwest, the Missouri Poison Center at Cardinal Glennon Children's Medical Center received at least 12 calls in the first two weeks of January about teenagers and young adults abusing such chemicals, said Julie Weber, the center's director. The center received eight calls about the powders all of last year.

Dr. Richard Sanders, a general practitioner working in Covington, La., said his son, Dickie, snorted some of the bath salts and endured three days of intermittent delirium. Dickie Sanders missed major arteries when he cut his throat. As he continued to have visions, his physician father tried to calm him. But the elder Sanders said that as he slept, his son went into another room and shot himself.

"If you could see the contortions on his face. It just made him crazy," said Sanders. He added that the coroner's office confirmed

*See **Bath salts**, page 6*

Notice to all Disabled Individuals

To all person with disabilities living in the following counties: Beckham, Blaine, Canadian, Custer, Dewey, Kingfisher, Major, Roger Mills, Washita, Woodward and Ellis county. The Cheyenne and Arapaho Tribes Vocational Rehabilitation program will open to review the policies of the program.

This policy review will take place on 9 a.m. to 12 p.m., Feb. 28, 2013 at at the Cheyenne and Arapaho Education building in Room 132, 200 Wolf Robe Circle Concho, OK. Located next door to the Community Center. For questions or more information call (888) 284-7725 or (405) 422-7617.

CHEYENNE and ARAPAHO EMS PROGRAM ANNUAL REPORT TO THE PEOPLE 2012

Date of Award:	*Jan. 2, 2012*
Date of Report:	*January-December 2012*
I.H.S. Contract Number:	*24620070021*
Amount of Award:	*$418,878.00*
Contract Name:	*Cheyenne and Arapaho Tribes*

The purpose of the contract is to continue Emergency Medical Service to all eligible Indian residents within the recognized service area of the Cheyenne and Arapaho tribes. The ambulance service will provide service to the Cheyenne and Arapaho people. The EMS personnel shall be National Registered EMT's. The ambulances are equipped according to the State Department of Health rules and regulations.

The target population for this contract are the eligible Indian residents living in the Cheyenne and Arapaho tribes of Oklahoma service area.

The Cheyenne and Arapaho EMS transported 386 patients for year 2012. The program held CPR, AED, First Aid, EMR, EMT – Basic, Intermediate, and Paramedic Refresher courses.

The program provided Standby service for annual powwows, Lucky Star Casino events and all other tribal functions as required.

Cheyenne and Arapaho Housing Authority MUTUAL HELP WAITING LIST

The following applicants need to complete an **update form by Feb. 28, 2013**. If an update form is not received by this date, they will be removed from the Mutual Help Waiting List for failure to update.

NO EXCEPTIONS

The update form is available on the tribal Website, www.c-a-tribes.org under Programs-Housing Authority.

For questions or more information please contact the Occupancy Specialist at (580) 331-2400.

Adrienne Harjo
Charles E. Cantwell
Cherronda D. Davis
Deidre Medicinechips
Hollis Lee
Jessica Youngbear
Julie S. Paris
Karyn Orange
Kayla M. White Horse
Kelly L. Orange
Robert J. Toahty
Shamica Stiles
Shelene Washington
Sherry Lee
Trevor Milligan

Legislative News

Community Meetings

The Legislature held a community meeting in Woodward and Geary, Okla. this month. We thank all the Tribal members who took time to visit with the legislators and express their thoughts and concerns while learning of the actions taken by their government.

The Legislature invites all Tribal members to attend these community meetings, share a meal and get information regarding Legislative Bills.

January Special Session

Two confirmations were made for the election board members. Please welcome Tonita Littleraven and William Kasey Sankey to the Election Board. The Legislature also authorized the HIP Resolution to be acted on, which will provide for home improvements through the Housing Authority.

January Regular Session

The Governor signed into law two acts from the January Regular Session. These are:

- A Resolution Authorizing the Submission of an ICDBG grant application for a proposed Concho Water Plant
- An Act to Amend the Cheyenne and Arapaho Election Law

The Governor vetoed the following Bill:

- A Bill to Adopt the Building Safety and Efficiency Act

The Legislators would like their constituents to be able to contact them. Their numbers are:

Patrick Spottedwolf (405) 422-7597
Bruce Whiteman (405) 422-7750
Cheevers Heap of Birds (405) 422-7588
Winslow Sankey (405) 422-7755

Facebook

The Legislature has a Facebook page. Please make friends with Cheyenne and Arapaho Legislature. We will post upcoming Community Meetings and Bills passed by the Legislature.

Please contact your Legislator or the Legislative Clerk for additional information.

Teen girl receives life through organ donation

By Rebecka Lyman, Reporter/Ad Sales

Jennifer Natalie Ochoa, Cheyenne-Arapaho, has been through enough for a lifetime, yet she's only 16 years old.

The home-schooled student was diagnosed with a rare disorder that causes blood vessel inflammation that can lead to organ damage. The kidneys, lungs, nerves, skin, and joints are the most commonly affected areas of the body.

"When I was in the seventh grade I started getting sick and vomiting a lot, I just felt really sick to my stomach," Jennifer said.

Just as any concerned mother would do, Patricia took her daughter to see the family physician.

"My mom took me to the Indian Clinic in Oklahoma City and they said I had flu like symptoms, the doctor gave me some antibiotics, but the medicine was not helping," Jennifer said. "I was getting worse."

Two weeks had gone by since Jennifer had been to the clinic when her mother noticed her daughter's skin was yellow in color.

"I had came home from work and I seen she could barely walk and her skin was very yellow. I did not know what was going on, but I knew she was very ill, because she was not getting any better," Patricia softly said. "I took her to the emergency room at Children's Hospital and they took her in right away and ran some tests and lab work on her. After the test results came back they admitted her for renal failure and heart failure, but they still really did not know what caused her to be so sick."

When Jennifer was admitted the Children's Hospital medical staff put her on 24-hour dialysis.

"She almost died," Patricia cried.

Once all of Jennifer's lab results came back the doctors told Patricia of two disorders her daughter may have.

"The doctors said she either had Microscopic Polyangiitis (MPA) or Lemierre's syndrome and if she had the MPA it is the worse of the two. I really did not know what to think, I was in shock, and my days were running together and all I knew was I wanted my daughter well." Patricia said.

According to the Website RareDiseases, MPA is diagnosed in people of all ages, all ethnicities, and both genders and the cause of the disorder is unknown.

"The doctors don't know to much about it (MPA) except that it is rare for adults to have, but it is even more rare for children to have it," Patricia lowered her head down into her chest trying to hold back the tears as she remembers the day her daughter almost died.

"After a few more weeks of being in ICU the doctors at Children's Hospital classified Jenny's illness as having Microscopic Polyangiitis," Patricia said. "My heart just sank and I really had no idea of where or what the next step was for us."

Jennifer's teenage life changed drastically from going to a public school to being home schooled, to regular doctor visits and getting dialysis three times a week along with having to be put on a kidney transplant list.

"This disease ruined my life, so I thought in the beginning. I lost all my friends. I still don't have any friends, I only have my cousins who come and visit me, but they live in Seiling so we don't get to see each other that often," Jennifer said. "Thank God for Skype, that is how we mostly communicate. My cousins and I have a lot in common and we like the same type of music."

Jennifer said she would find herself depressed on some days and just wanted to be able to go outside.

"I can't go outside and when I do go to my appointments, I have to wear a medical mask so that I don't breath in any toxins and get an infection."

Jennifer gets through the difficult days by keeping up with her homework and drawing girl cartoon characters.

"I really enjoy drawing, it helps me to express my emotions and thoughts. I also see a counselor at the Children's Hospital, she helps with some of the difficult days and when I did have thoughts of suicide," Jennifer became very quiet. "I knew deep down everything would be alright, that is what I would tell my mom when she would look at me with sadness in her eyes."

After three years and three times of being called in to the hospital for a kidney transplant, Jennifer finally underwent her transplant the day after Thanksgiving 2012.

"You have to be ready when the hospital calls you and says they have a kidney. Not only do we get a call, two other families get the same phone call. It is a process, my family and I would all go to the hospital and Jennifer would have to get prepped and ready for surgery while the doctors made sure the kidney was an exact match for one of the three recipients. Jennifer was always the back up, she was never an exact match," Patricia said. "Before the possibility of under going a transplant Jennifer would see the priest and pray with him, she would never ask for herself to receive the kidney, always that the kidney would match the first person and that the surgery would go very well for them."

The selfless, but spirited teenager also received another gift in the summer of last year. Jennifer was selected for a wish by the Children's Wish Foundation, an international organization that fulfills wishes for children 18 and under suffering from a life-threatening condition.

"Jennifer wished for a trip to Walt Disney World," Patricia said. "It was awesome."

Jennifer does not have much information about her donor, only that he or she was in a car accident and the kidney came from a hospital across the street from Children's Hospital.

Submitted photo

Fifteen year old Jennifer Ochoa a day after one of her many dialysis treatments.

Photo by Rebecka Lyman

Jennifer Ochoa today with her mother, Patricia Ochoa.

"It is strange, because usually the kidney comes from somewhere further away than Oklahoma. I believe the day after Thanksgiving was my daughter's day for another chance at life," Patricia tearfully said.

Jennifer looks over at her at mom with a gentle smile.

"I will be okay mom," Jennifer said to her.

Patricia takes her daughter in her arms and holds her for a moment.

"I would like to say to my family, friends and all those who have been praying for my daughter, thank you," Patricia said. "It has been hard knowing that someone had to lose their life so my daughter could have hers. Jenny and I really feel for the family."

Jennifer is in recovery and must take medication for the rest of her life for the rare disorder MPA.

Northern California tribal casino takes top marketing honors

Submitted article

Submitted photo

Nathan Hart, an award-winning Cheyenne sculptural artist from Oklahoma, created the 2013 Indian gaming National Marketing Award. Pictured l-r: Greg Shay, Randy Takemoto (, Nathan Hart and Dennis Conrad.

From a humble rural bingo parlor in the 1980s to one of the San Francisco Bay area's most popular and successful casinos, Cache Creek Casino Resort is selected for the Barona/VCAT Award for Excellence In Indian Gaming Marketing

There is only one award in the casino industry that recognizes the marketing efforts of tribal casinos and acknowledges their importance in the success of a gaming enterprise. Created six years ago, the prestigious Barona/VCAT Award for Excellence In Indian Gaming Marketing was awarded to Cache Creek Casino Resort, at a special industry luncheon on Jan. 30, 2013, at Casino Del Sol Resort in Tucson, Ariz. during Raving's 15th annual Indian Gaming National Marketing Conference.

"When the judges read the submission from Cache Creek Casino Resort, the first thought was that 'this is truly a marketing-centric organization like no other. Their marketing message does not go in one direction from the senior marketing staff to the players. Their consistent marketing message is an integral strategy in every department. Their employees, customers and community are key in their focus and execution,'" shared Dennis Conrad, Chief Relationship Officer, Raving Consulting, and creator of the award. "An award from respected gaming industry professionals like the Barona, VCAT and Raving teams, as well as former winners, makes this recognition even more satisfying. Plus, sharing the experience with tribal gaming colleagues from across the country at the conference was very special for the Cache Creek team."

Cache Creek Casino Resort joins industry leaders Barona Resort and Casino, CA (2007), Santa Ana Star Casino, NM (2008), Black Oak Casino and the Tuolumne Band of Me-Wuk Indians (2009), Osage Million Dollar Elm Casinos (2011), and Seminole Casino Coconut Creek (2012) in receiving the award.

The competition is a tough one, judges looked for excellence in an organization's total body of work, not a singular year of performance or marketing campaign. The competition was open to all Class II and Class III tribal casinos in the U.S. and Canada. Participants were asked to provide a compelling essay addressing how their casino links superior marketing efforts to superior financial performance; builds marketing excellence around key constituencies of customers, employees and communities; and integrates marketing effectively throughout their entire casino operation.

Why was this prestigious award created? "The industry tends to look at Las Vegas and the large commercial casinos for leadership in casino marketing. It was due time to recognize the innovative work and the commitment to learning of the tribal gaming community, despite many tribes being relatively new to gaming. I can't think of a better way to acknowledge the success in Indian gaming, and to honor and encourage those hard working tribal casino marketing executives who are heading in the right direction, than this award," said Dennis Conrad.

Each year a tribal artisan is selected to create a custom award, which has included a hand painted canoe paddle and wood carvings. This year's award was created by Nathan Hart, an award-winning Cheyenne sculptural artist from Oklahoma, who creates exquisitely crafted wood vessels that are best described as intimate, complex and alluring. Nathan shared, "I created an open form Ambrosia Maple Feast Bowl for decorative and functional purposes. This piece represents the Gathering and Nourishment of Community. I was inspired to do a piece related to food, e.g. the feast bowl, because of the Yocha Dehe Wintun Nation's successful agricultural enterprises, specifically their organic farming."

For more information about Raving's 16th annual Indian Gaming National Marketing Conference to be held in 2014, or the Barona/VCAT Award for Excellence In Indian Gaming Marketing, please contact Christine Faria, VP Operations at (775) 329-7864 or by emailing chris@ravingconsulting.com.

World renown artist dedicate art murals for new community gym

By Rosemary Stephens, Editor-in-Chief

The unveiling of two 8' x 8' art murals at the new Cheyenne and Arapaho Canton gym reflect the intricate beadwork of tribal artist, Edgar Heap-of-Birds, in a new form of digitized murals.

On Jan. 31, 2013 Heap-of-Birds unveiled the murals during a dedication ceremony held at the Canton gym in Canton, Okla.

Heap-of-Birds has exhibited his works at The Museum of Modern Art, Whitney Museum of American Art, National Museum of the American Indian, Smithsonian Institution, New York, New York, The National Gallery of Canada, Ottawa, Museum of Contemporary Art, Sydney, Australia, Documenta, Kassal, Germany, Orchard Gallery, Derry, Northern Ireland, University Art Museum, Berkeley, Calif., Association for Visual Arts Museum, Cape Town, South Africa, Lewallen Contemporary Art, Santa Fe, N.M., Hong Kong Art Center, China, Bandung Institute of Technology, Bandung, Indonesia, Grand Palais, Paris, France and the Venice Biennale, Italy.

He has served as visiting lecturer in London, England, Western Samoa, Chiang Mai and Bangkok, Thailand, Johannesburg, South Africa, Barcelona, Spain, Belfast, Northern Ireland, Norrkoping, Sweden, Hararre, Zimbabwe, Verona, Italy, Adelaide, Australia and India.

Heap-of-Birds has taught as visiting professor at Yale University, New Haven, Conn., Rhode Island School of Design, Providence, R.I. and Michaelis School of Art, University of Cape Town, South Africa and currently at the University of Oklahoma since 1988, teaching in Native American Studies. His seminars explore issues of the contemporary artist on local, national and international level.

In June 2005, Heap-of-Birds completed the fifty-foot sigect and blown glass works in Venice, June 2007 titled *Most Serene Republics*.

nature, outdoor sculpture titled *Wheel*. The circular porcelain enamel on steel work was commissioned by The Denver Art Museum and is inspired by the traditional Medicine Wheel of the Big Horn Mountains of Wyoming.

Heap-of-Birds' artwork was chosen by the Smithsonian's National Museum of the American Indian as their entry towards the competition for the United States Pavilion at the 52nd Venice Biennale. He represented the Smithsonian with a major collateral public art proj-

"My thoughts about these two 8' x 8' digital beadwork murals deals with the desire to celebrate and educate our tribal artistic expressions," Edgar Heap-of-Birds said. "We Cheyenne and Arapaho people have wonderful skills in both the traditional and contemporary realms of expressing ourselves."

The murals hang on the wall in the west lobby area of the gym and are the first thing visitors will see as they enter the Canton gym.

"I was trying to get this art mural project done before we had the grand opening, but just couldn't get it off the ground in time," Damon Dunbar, Cheyenne and Arapaho Housing Authority, special projects officer said. "When the gym was being renovated I thought the west lobby area was the ideal place to have a large art mural to show our colors and art work. I went to my supervisor about the art mural idea and we both agreed to have canned lighting that would shine directly down on the art murals once installed.

Dunbar said he knew Heap-of-Birds personally and approached him with the idea of creating the art murals for the project.

"With these two large scale digital murals for the newly renovated Canton gym I wish to honor beadwork artists whom have passed on to the spirit world. In this honoring I also want to excite and encourage our tribal youth to take up the beadwork traditions and explore, as well as expand, what beadwork can become today," Heap-of-Birds said. "I challenge the youth to build upon our elders' artistic accomplishments and lead us all visually to a new level."

Dunbar said funding for the art project came from the Cheyenne and Arapaho Culture and Heritage program director, Dale Hamilton, and from Canton Lucky Star Casino general manager, Gloria Smith.

Following the art mural dedication the Cheyenne and Arapaho Governor, Janice Prairie Chief-Boswell, signed a Proclamation declaring Jan. 31 as *Hock E Aye VI, Little Chief, Edgar Heap-of-Birds Day.*

Coyote Thoughts: Steamy love and tricksters

By Beau Washington

The days are getting longer. I'm thinking about hearing birds sing, seeing unicorns eat rainbows and friends are talking about going to look for Big Foot.

Being in love this time of year can be very exciting, looking forward to seeing that special person and having those enjoyable thoughts of being together. Married people live longer than singles, for some it just seems that way. While falling in love is wonderful, why does that incredible feeling run away for some, leaving many in frustration? The Trickster Thoughts play a large part in slowly tearing us away from those warm, fuzzy feelings.

Over time I have realized that our thoughts have a lot of power. It is important to learn how to control the power of our minds and to use them to our benefit and others. Because Trickster Thoughts are so sly, they make us think something is true when it is not. I will ask my wife Beth to help once again. Here is how it works.

Here's Beth,"When Beau does something I don't like, I could think thoughts like, 'That Beau always makes me mad! He does these things to get to me.' The All or Nothing Trickster is telling me something that is not true. Beau seldom makes me mad. The others are the Reads Minds Trickster and the Jumps to Conclusions Trickster telling me that he did something on purpose just to irritate me. He is a guy and he didn't know that you can't use sewing scissors to cut paper. By allowing the Tricksters to do their angry thoughts, it makes me feel bad and starts driving a wedge between me and Beau. And when I am mad, I can remember all the other things he has done wrong in the past, making things worse. However, I keep my relationship healthy with Beau by using a technique he will tell you about next."

"Uh, thanks, Beth."

Once somebody gets on our short list, that is what gets us mad. With the help of Tricksters, it is a fast slide to the bottom making it hard to change the negative thoughts we have about them. So here is a start on how to fix part of it. When I think a bad thought about somebody, I counteract the mental poison by thinking two or three Healing Thoughts.

For instance, if I have a bad thought about Beth, I will then think something like this, 'I don't like that she did that, but I sure do like the way she holds my hand or I like watching her watch basketball, she gets so excited and she is great company when we go places.'

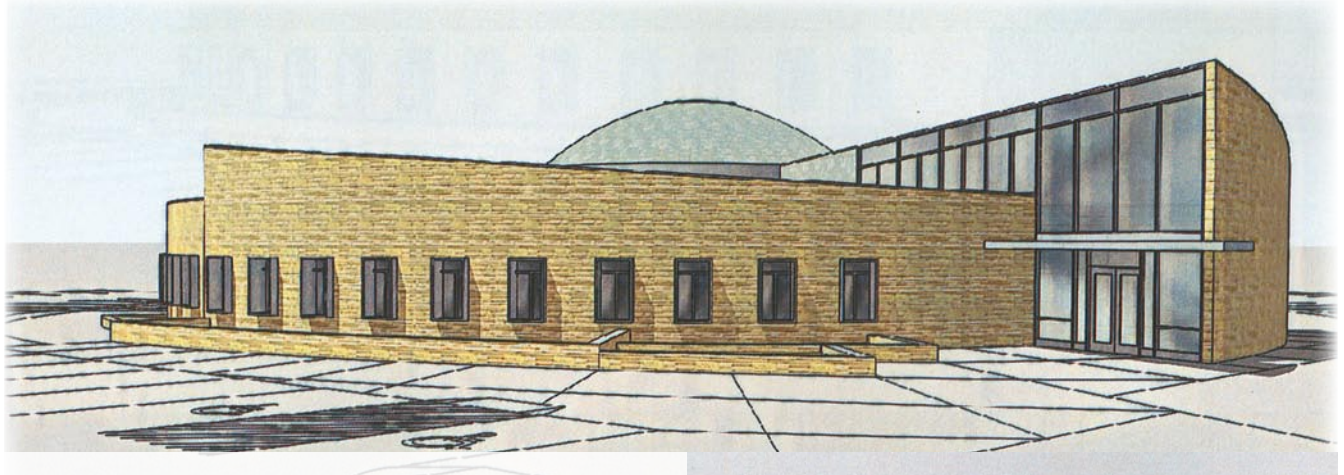
Thinking like this does not make me forget the problem, but it does keep me from stewing on it. So on one hand I do it for myself, as it takes the anger away making me feel better and on the other hand it makes a better relationship between both of us and helps her to feel better. Grudges and resentment don't belong in a good relationship. This is also helpful in other relationships like with co-workers.

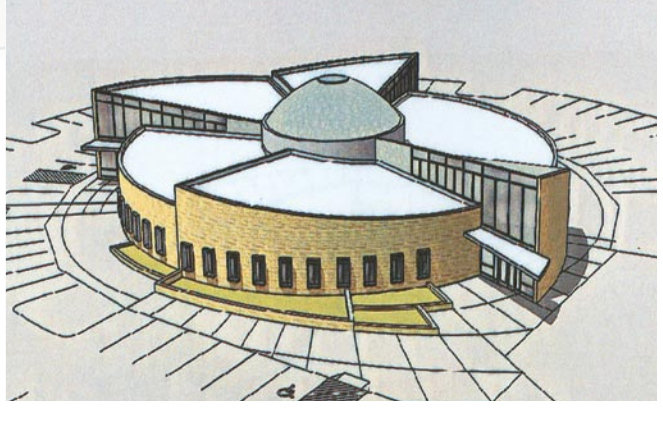
I know how bad Tricksters are in a relationship, so Beth and I keep a watch out for them. Then when I start thinking that she might have done something to aggravate me, like leaving the toilet seat down after she uses it, I ask Beth if she meant to do that to annoy me. Then she will tell me, "This is the marriage where 'we' always leave it down." Okay, now I remember. Problem solved.

When we start thinking about something that bothers us, it is best to get it out in the open or else the Tricksters will start taking over and do some damage to our loving relationship.

Tricksters not only pry loving relationships apart, but also family and work relationships as well. If something starts to bother you, have the courage to talk it out. It will save you some sleepless nights. Remember, if you find a Trickster Thought, most likely you are going to be wrong. Being right is better. Now get back in there and start making better relationships. You deserve it.

New Justice Center project moves forward





Cheyenne and Arapaho tribes' Tax Commission distribute $2.2 million to begin the construction of the new Cheyenne and Arapaho tribes' Justice Center.

The funds are part of the severance tax recovery paid to the tax commission by Chesapeake Oil and Gas Company in Oklahoma City in October 2012.

Plans for a Cheyenne and Arapaho Justice Center were first introduced in April 2011.

The center will be built west of the Concho Post Office at the tribes' main headquarters in Concho, Okla.

More progress information will be forthcoming in future issues of the Cheyenne and Arapaho Tribal Tribune.

Bath salts

continued from page 4

the chemicals were detected in his son's blood and urine. Sanders warns the bath salts are far more dangerous than some of their names imply.

"I think everybody is taking this extremely lightly. As much as we outlawed it in Louisiana, all these kids cross over to Mississippi and buy whatever they want," he said.

A small packet of the chemicals typically costs as little as $20.

In northern Mississippi's Itawamba County, Sheriff Chris Dickinson said his office has handled about 30 encounters with bath salt users in the past two months alone. He said the problem grew last year in his rural area after a Mississippi law began restricting the sale of pseudoephedrine, a key ingredient in making methamphetamine. Dickinson said most of the bath salt users there have been meth addicts and can be dangerous when using them.

"We had a deputy injured a week ago. They were fighting with a guy who thought they were two devils. That's what makes this drug so dangerous," he said.

But Dickinson said the chemicals are legal for now, leaving him no choice but to slap users with a charge of disorderly conduct, a misdemeanor. Kentucky state lawmaker John Tilley said he's moving to block the drug's sale there, preparing a bill for consideration when his legislature convenes shortly. Angry that the powders can be bought legally, he said,"If my 12-year-old can go in a store and buy it, that concerns me."

The Loving story

Imagine a husband and wife being rousted out of their bed in the middle of the night by several angry lawmen.

The felony charge?

Being married to someone of another race.

The penalty for miscegenation: A year in jail.

An ugly snapshot of America's troubled racial past, the HBO documentary, *The Loving Story* spotlights one Virginia couple's determination to live together as husband and wife. Their struggle would ultimately reach the Supreme Court and topple interracial marriage bans across the nation.

Richard Loving, a name so fitting, it wouldn't be believed in a novel, was Caucasian. Wife, Mildred, was part-Indian, part-black.

Shortly after marrying in 1958 in Washington, D.C., they were jailed in their home state of Virginia and given a one-year sentence, suspended for 25 years as long as they didn't return together to the state.

Vintage news clips capture average passers-by delivering blistering broadsides about God's will, the sanctity of the races and the need to protect the children.

Some of the rants are so racist, they could set ice cubes aflame.

The Lovings didn't sue for money, fame or TV time. They sued so the state would leave them alone.

Asked at one point about the abuse he'd taken from the law, Richard replied tersely, "I'm not gonna divorce her."

"I wasn't anything in civil rights," Mildred said. "We were trying to get back to Virginia. That was our goal. To get back home."

By every account here, the Lovings had a happy marriage. They had three children, and clips show the family relaxed and affectionate with one another.

Even at approximately 80 minutes, director/producer Nancy Buirski's work could be tighter, but it's hard to imagine a more appropriate documentary for Valentine's Day.

This is not a film that looks forward, but it is impossible to watch it without thinking about the debates over same-sex marriages roiling the nation today.

As *The Loving Story* demonstrates, opponents and advocates draw on familiar arguments.

At 2 a.m. on a July night in 1958, Robert and Mildred Loving were roused from sleep by Caroline County, Virginia police and arrested for the crime of being husband and wife. Mildred was of African-American and Native American descent. Richard, her childhood sweetheart, was white. Their marriage five weeks earlier violated Virginia's Racial Integrity Act. "That's no good here," the sheriff told them, pointing to the framed Washington D.C. marriage certificate that hung above their bed.

Faced with a year in jail or a 25-year banishment from Virginia, the pair fled to D.C. They lived there in exile, away from family, friends and the Virginia hillside they had both grown up in until, in 1963, a homesick Mildred Loving sought the help of the American Civil Liberties Union in challenging the laws that forced her from her home. The resulting landmark U.S. Supreme Court case, *Loving v. Virginia (1967)*, in which the court found unanimously in the Lovings' favor, overturned statutes against interracial marriage in 16 states.

Richard Loving looks out from the Jim Crow past with wary eyes, appearing on the screen with a blond crew cut, plaid work shirt, bad teeth and Southern accent.

"He looked like a redneck," said Philip Hirschkop, a lawyer who soon recognized his mistake. Loving was actually a pioneer for racial equality.

The white bricklayer from Virginia defied stereotypes and centuries of racist laws when he married Mildred Jeter, who was black and Native American. Convicted of violating a law against interracial marriage, the Lovings fought for their rights and won a landmark 1967 Supreme Court case that struck down such bans nationwide.

Their lives are explored in a new documentary, *The Loving Story*, which premiered on HBO.

Today, there are more than 4 million "mixed marriages" in the United States, and roughly one in seven new marriages are between people of different ethnicities. But in 1958, when the Lovings' marriage was ruled illegal and they were banished from their native Virginia, 21 states outlawed interracial unions.

The Loving Story details the couple's nine-year battle to live in Virginia as man and wife. Using evocative photographs, newly unearthed footage and interviews with the Lovings' daughter and lawyers, the film reveals the power of love to overcome bigotry.

"I came to respect Mildred and Richard so much," said the film's director and producer, Nancy Buirski. "I think these people had such high standards and strong principles and in many ways they defied stereotypes. You don't have to be an activist to change history. You just have to believe strongly in something."

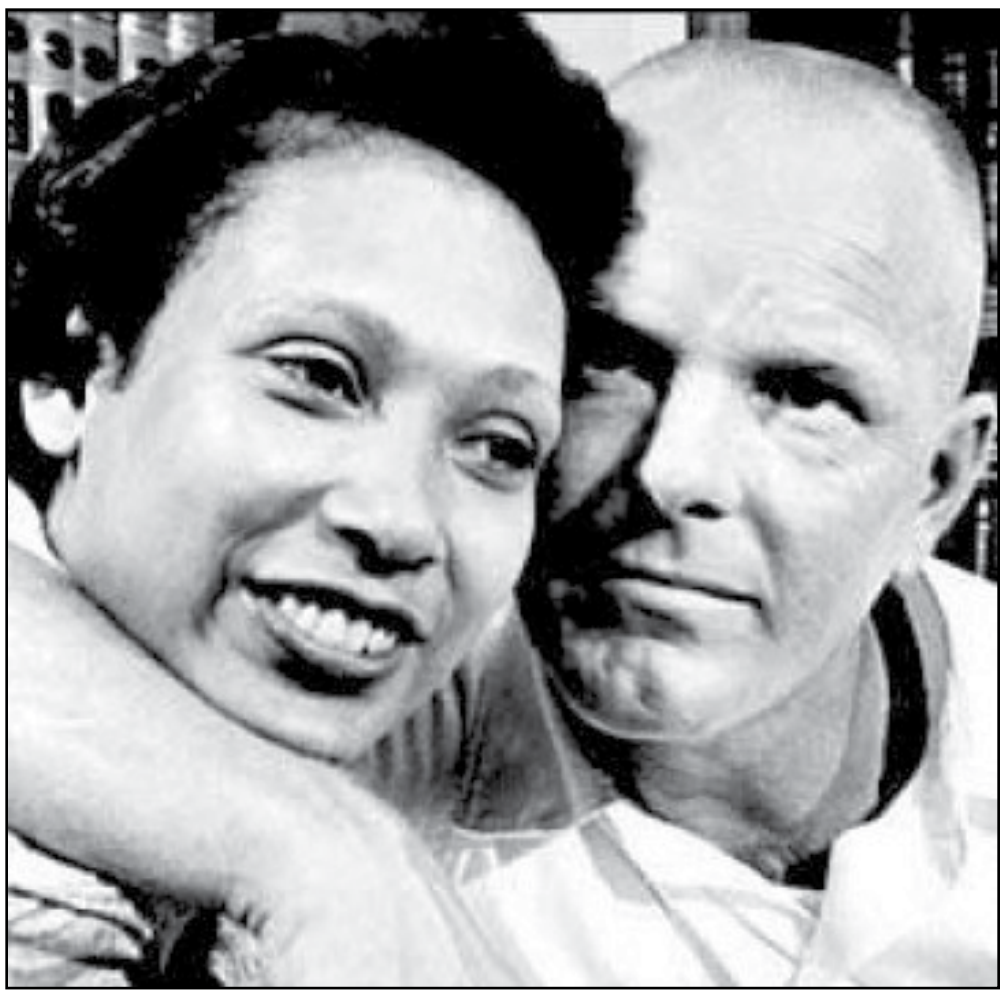
Richard and Mildred grew up near each other in rural Virginia. They courted for a few years before getting married in Washington, D.C., on June 2, 1958, then returned home to live near their families.

On July 14, the sheriff broke into the Lovings' bedroom in the middle of the night and took them to jail. Judge Leon Bazile sentenced the Lovings to five years in prison, but suspended the sentence as long as they left the state. Bazile made a statement that demonstrates the immense distance society has traveled since 1958, a statement that is narrated at the start of the film:

"Almighty God created the races: white, black, yellow, Malay and red, and he placed them on separate continents, and but for the interference with His arrangement there would be no cause for such marriages," Bazile said in court. "The fact that He separated the races shows that he did not intend for the races to mate."

But *The Loving Story* makes clear that Mildred and Richard Loving were meant for each other.

Numerous still photographs, taken for Life magazine by Grey Villet, capture the intimate glances and gestures shared by soul mates. Archival film depicts mundane moments of daily life, a sock smoothed over a foot, a log tossed into the stove, that become pregnant with meaning when a family is under attack.



Courtesy photo

Richard and Mildred Loving fought to be married, going all the way to the Supreme Court to fight for their right to be husband and wife.

Mildred, who died in 2008, does most of the talking, her gentle voice describing the ordeal she endured with her husband and three children. Richard, who was killed by a drunken driver in 1975, says little beyond, "I'm not gon' divorce her."

The Lovings moved to Washington to be together, but Mildred was not suited for city life. A friend told her to write to the U.S. attorney general, Robert F. Kennedy, who advised her to contact the American Civil Liberties Union.

Hirschkop and Bernard Cohen were the ACLU lawyers who took the case to the Supreme Court. Their opponents argued that interracial marriages, and the children they produced, were much more likely to have difficulties. They compared Virginia's law banning such marriages to those prohibiting polygamy or incest.

In 1967, the Supreme Court ruled 9-0 in the Lovings' favor.

Buirski noted that even though most Americans now say they have no problems with interracial marriage, pockets of resistance have remained.

Laws prohibiting interracial marriage stayed on the books in South Carolina and Alabama until 1998 and 2000, respectively. In 2009, a Louisiana justice of the peace refused to marry a black man and a white woman. "I'm not a racist," said the official, Keith Bardwell. "I just don't believe in mixing the races that way."

"Racial identity is an important conversation to have in our culture, and I think the more we bring it to the forefront of our conversation, the better it is for everybody. That's one reason I don't see this story as history. I see this as living history," Buirski said

A history written by two people who knew their love was true, and who may have glimpsed a better future.

"It's not so much me and Richard, we could go away," Mildred says in the film. "It's the principle. It's the law. I don't think it's right. If we do win, we'll be helping a lot of people."

It's hard to believe, but just over 50 years ago, interracial marriage was still banned in seventeen states, and it took South Carolina and Alabama until 1998 and 2000 respectively, to finally take all their anti-miscegenation language out of state constitution. Thus, when the white Richard Loving and Mildred Jeter (an African American/Native American mix) were married, and subsequently charged for being in an illegal union, they were forced into exile from the small rural town where they lived, to the bustling big city of Washington, D.C. They could not return to Virginia to visit family or friends, or they would risk jail time. There were no organized protests or petitions, instead, it was a single letter written by Mildred to Attorney General Robert Kennedy, that got the ball rolling on their long journey to win the simple right to live under the same roof.

In a statement Richard Loving made to their attorneys, said it all, "Mr. Cohen, tell the court I love my wife, and it is just unfair that I can't live with her in Virginia."

R.E.Sp.E.C.T. Program Calendar of Events March 2013

March 3

Basketball Tryouts - Clinton Respect Gym

12:00 p.m.- 5th-12th grades

March 13

ELDER'S DAY OUT

March 16

Spring Fling - Romannose State Park Watonga

March 20

Youth Forum - Location TBA

March 30

Easter Egg Hunt - Concho & Clinton - 11:00 a.m.

Mondays in March

Boot Camp for Adults - Concho Community Building - 12:00 p.m.

Zumba Fitness Class - Concho Community Building - 4:00 p.m.

Concho Adult Bowling League - 6:00 p.m.

Wednesdays in March

Zumba Fitness Class - Concho Community Building - 12:00 p.m.

Clinton Adult Bowling League - 7:00 p.m.

Fridays in March

Boot Camp for Adults - Concho Community Building - 12:00 p.m.

For more information, please contact the Respect Program at 1.800.247.4612 Ext. 27570 or 32601

Oklahoma Indian Nation Powwow Committee Accepting Applications for 2013 Princess Contest

Age Categories:

Senior Miss: Between ages 14-19 years of age by April 1

Junior Miss: Between ages 7-13 years of age by April 1

Little Miss: Between ages 1-6 years of age by April 1

Applicants must be of American Indian Descent

Princess Contest will be judged by Penny A Vote

April 25th – tentative date to count Votes

May 18th – tentative date for Princess Coronation

Applications can be obtained and submitted to:

Dara Franklin

2801 David Drive, El Reno, OK 73036

(405) 361-8945 OR (405) 262-0137

Love bonded from childhood

continued from page 1

City to get a bite to eat at Zio's Italian restaurant.

"I was nervous when he took me out on the date. He always made me nervous, even when I was 11 and we would just talk on the phone," Anissa giggled. "I had a crush on him back then."

Jeff said for him it wasn't even a thought to get together when they were young.

"We were just friends playing around and enjoying life as a child," Jeff said.

The young flirtatious couple dated for a short period until Jeff moved off to attend college at Haskell University in Lawrence, Kansas.

"Before I left for college we did innocent things. I took her to the movies on weekends, dinners and we would play putt-putt golf," Jeff said. "While I was away we did not really see each other, we went on our own for a little bit."

Jeff spoke of the time Anissa drove to Lawrence, to pick him up and bring him home for spring break vacation.

"That was the week when Jeffery was conceived," Jeff grinned. "Anissa called me after I returned to college and told me she was pregnant over the phone. After she told me there was a big pause for a minute. I did not know what to think. My first thoughts were it's not mine, but instead I told her okay we have to be together and I will be there for you and the baby. I dropped out of school came home and started work immediately as a fire fighter for the tribes. I did that for six years."

Jeff turned to Anissa as she started to speak of how she remembered the day she told him she was pregnant.

"A lot of thoughts went through my head. I was afraid to tell him, my thoughts were I am going to ruin his life, should I even tell him. I really did not want to hold him back from anything. I did not want him to drop out of college and come back, but he did it anyway," Anissa paused for a moment reached over and touched Jeff on his arm. "It was funny when Jeff came back, he started staying with me at my grandpa's house, and his mom started looking for him. His mom had no idea what was going on."

Together the couple decided to write Jeff's mom a note, out of fear of Ella being told the news of her being a grandmother would not be a positive one.

"Anissa wrote the note and I stuffed it in my mom's make up bag. That is how we told her Anissa was pregnant," Anissa and Jeff laughed. "Before I left for college, my mom told me to be safe and don't get anyone pregnant. I was scared to death to tell her. My mom came over to Anissa's house to see us. She was crying and said to me you should have just told me." Anissa said when Ella walked through the front door she walked straight pass Jeff to give her a hug.

"Ella was upset with Jeff for not telling her about me being pregnant, but she was happy that we were going to have a baby. I was afraid myself, I thought she may slap me," Anissa smiled at Jeff. "Ella was the best mother in law. After she passed away last year, Jeff and I were going through her things and we found that letter … she had kept it all this time."

Jeff went on to speak of their life living with Anissa's grandpa for the next five years.

"We lived together at her grandpa's place, she would not leave her grandpa and I was not going to force her to move out. I worked and helped pay the bills, I was always gone anyway firefighting. I believe George appreciated my help being that he was retired. I believe I did a good role there," Jeff proudly said. "He told us plenty of times not to move out and that he wanted us to be with him.

The five years had passed and George also passed away leaving the house for Anissa and Jeff to live in.

"We stayed in his house for about a year or two, but Anissa could not get over his death and it was to hard for her to stay there. So we decided to get our own house in El Reno," Jeff laid his hand in Anissa's hand as they both sat quietly for a moment.

"We basically have grown up together, it was hard at first when we were young. We would have little innocent arguments, but we never left each other. We learned to give each other space, wait to cool down and then finish discussing what we needed to," Anissa softly said. "I can't live without Jeff, I love everything about him, his personality and his dimples. Ever since I was a little girl I had a crush on him."

Jeff interrupts Anissa and spoke of how it seemed their families had planned for them to be together since they were children.

"What is cool about when we were young, my mom would go to yard sales and she would go and pick up Anissa to take her with her. My mom and grandma Hayden even went to Josiah's baby shower, my grandma made him moccasins. I was surprised when I found that out, because my grandma only makes moccasins for her grandchildren," Jeff said.

Submitted photos

Jeff Spottedbird and Anissa White's three children l-r: Josiah, Jasmine and Jeffery.

Anissa speaks up and said Josiah was her oldest son she had during the time Jeff was in college. Anissa continued to share about Jeff's mom and grandma's involvement in her life before she and Jeff ever were in love.

"Ella and Hayden would always show up for my birthday and Christmas to bring me presents as I was growing up. They never missed a birthday," Anissa smiled. "It seems like his grandma and mom sort of made a path for us to be together. I remember one time when we were little, we were spending the night at Jeff's house, me, his cousin and brother and his mom Ella were making pallets for us to sleep on. She was pairing everyone up to sleep together. It was a twin size mattress on the floor and she put Jeff and I together and the others together in separate pallets. I did not really think of it then, but today I believe our families did have a plan for us to be together."

Anissa White and Jeff Spottedbird taken in 2005.

Jeff said he and Anissa have always been destined to be together.

"I like to keep our relationship young, taking her to the movies, play putt-putt golf and ride go carts even though she really don't like to ride the go carts," Jeff laughed. "It seems to me it was just a year ago, we got together. I love how she takes care of me when I am sick. She will baby me and brushes my hair. There is nothing I would not do for her."

Anissa laughs loudly and spoke of a memory when she was pregnant with Jasmine

"I remember having bad heart burn with Jasmine one night and I could not sleep. Jeff got up and drove to Wal-Mart with no headlights; his hair was a mess and wearing house shoes to get me some Maylox. He came back into the house and just kind of tossed me the Maylox then he just hits the bed … he was so tired. He had worked a long day fighting a fire that day."

Today the couple lives in El Reno, Okla. and still enjoys fishing together with their three children and going to the state fair every year as a family.

Jeff said that he and Anissa both had small families growing up and since the death of his mom a year and half ago it is only he, Anissa, their kids and his two brothers.

"They are all I need, " Jeff said.

Soldier leaves military life

continued from page 2

Photo by Rosemary Stephens

Cincinnati Harjo is adjusting to civilian life after serving for over 13 years.

second deployment. I was a little nervous … I had already been there and kind of knew what I was going to have to go through again. Once we got there on ground though it was totally different from my last deployment. The people were nicer and it was a totally different experience than my earlier deployment in 2006 in Baghdad."

Following Harjo's second deployment, he returned to Ft. Hood, Texas, where he remained up until his retirement on Dec. 21, 2012.

"I didn't really want to come out, but I was medically retired. After 2009 I kept going back to counseling and he (the doctor) thought it would be the best thing for me to go ahead and retire because I suffer from PTSD, which I still do. Just some of the medical problems I kept prompted them (Army) to encourage me to go ahead and retire. It wasn't something I would have chosen, I was trying to stick it out and do my 20 (years) but the doctors seen otherwise and so here I am, retired after 13 years. Being over there has totally changed my life. I look at things so much differently now. I don't take like for granted. Over there at any moment it could be over. I am just glad we live in a country that we have no problems like they do over there. They struggle for everything over there, food, water, electricity, clothing, I mean everything all over the place," Harjo said shaking his head. "It is really different. I know that people have it a lot worse than anyone over here and I want to tell them to just be grateful for what they've got. It's been a big transition being retired, right now I am trying to grow my hair out, it's really driving me nuts right now."

Harjo said that he is focusing on getting used to civilian life, spending time with his wife, Jenny and their 10 month old daughter, Paris. He laughed as he shared, "I have been so used to wearing one uniform pretty much and now I can change clothes … the first couple of weeks was really different. I was so used to going at it and working, training soldiers, teaching classes and now I am just sitting around and wondering what I am going to do today."

But it didn't take Harjo long to know exactly what he wanted his second career to be.

"I am going to go to school for culinary and try that out. It is a one year course, Culinary Arts at Platt College, and after that I am going to use my GI Bill to attend Cordon Bleu in Dallas and from there be a chef," Harjo said. "My mom and dad Darlene and Raymond and my other family laugh and tell me when I am a chef someday I can come home and cook for them."

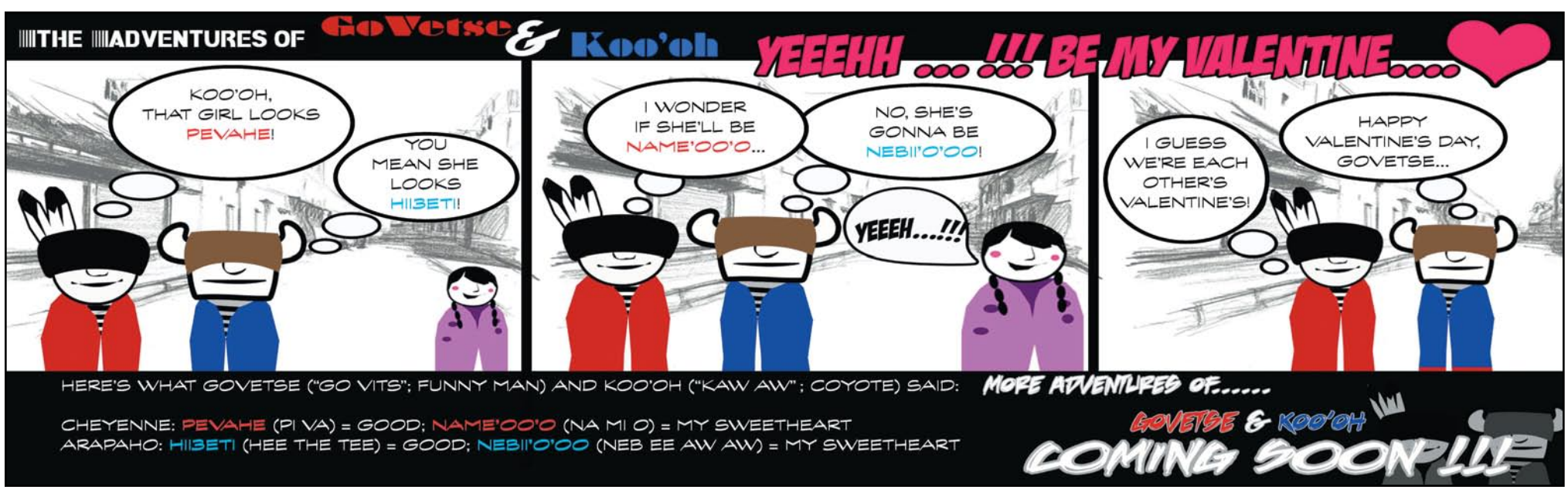
Harjo said he doesn't regret enlisting in the army nor any of his time spent in the military.

"This is where I am because of my experience and I am really glad I chose to enlist in the Army and now I am looking forward to my next career … being a chef."

Editor's Note: To Sgt. Cincinnati Harjo and the thousands of other men and women currently serving in the United States Armed Forces … thank you for your service, thank you for keeping us safe and protecting the freedoms of our country. God bless you all.

Harjo's list of medals earned while serving 13 years in the U.S. Army

Iraq Campaign Medal with three campaign stars
Army commendation medal-(2nd award)
Army Achievement Medal-(2nd award)
Meritorious Unit Commendation
Army Good Conduct Medal-(3rd award)
National Defense Service Medal
Global War on Terrorism Expeditionary Medal
Global War on Terrorism Service Medal
Non Commissioned Officer
Professional Development Ribbon
Army Service Ribbon
Overseas Service Ribbon-(2nd award)
Armed Forces Reserve Medal w/ M Device
Combat Action Badge
Driver and Mechanic Badge
Marksmanship Bade w/ Rifle, Pistol, Grenade Bars


THE ADVENTURES OF GoVetse & Koo'oh
KOO'OH, THAT GIRL LOOKS PEVAHE!
YOU MEAN SHE LOOKS HIIBETI!
YEEEHH ... !!! BE MY VALENTINE....
I WONDER IF SHE'LL BE NAME'OO'O...
NO, SHE'S GONNA BE NEBII'O'OO!
YEEEH....!!!
I GUESS WE'RE EACH OTHER'S VALENTINE'S!
HAPPY VALENTINE'S DAY, GOVETSE...
HERE'S WHAT GOVETSE ("GO VITS"; FUNNY MAN) AND KOO'OH ("KAW AW"; COYOTE) SAID:
CHEYENNE: PEVAHE (PI VA) = GOOD; NAME'OO'O (NA MI O) = MY SWEETHEART
ARAPAHO: HIIBETI (HEE THE TEE) = GOOD; NEBII'O'OO (NEB EE AW AW) = MY SWEETHEART
MORE ADVENTURES OF.....
GOVETSE & KOO'OH
COMING SOON!!!

Cheyenne and Arapaho diabetes wellness staff summarize conference in Phoenix

Submitted by the Diabetes Wellness program

The Cheyenne and Arapaho Diabetes Wellness staff attended the 15th annual Native Diabetes Prevention conference, Jan. 27-30, 2013 held in Phoenix, Ariz. The theme for this year's conference was "Protecting the Generations: A lifespan Approach to Diabetes Prevention", sponsored by the American Indian Institute, University of Oklahoma.

Presenters and speakers shared current research and evidence-based programs, as well as provided a variety of learning opportunities. Additionally, presenters gave the most current information from experienced tribal members, researchers, and practitioners. Serious issues addressed were diabetes prevention and strengthening existing support networks to improve the health of those in Native communities.

The Diabetes Wellness staff found the conference very informative and wanted to summarize some of the information they learned during the conference that may be helpful in the work they do to provide services to the community.

Gloria Zuniga, Program Director – "The keynote presenter Leonard R. Sanders, M.D., opened the conference that informed the participants that in the United States today, 25.8 million children and adults have diabetes. That is 8.3 percent of the country's total population. Every 17 seconds someone in the United States is diagnosed with diabetes and one-third of everyone born after 2000 will develop diabetes. Currently 79 million of the U.S. population are pre-diabetic."

Tara Conway, Dietitian – "I attended a seminar on 'How to Conduct a Community Nutrition Assessment' which gave me the knowledge to find the tools I need to conduct community nutrition assessments. Keynote Speaker Dr. Sander's speech strengthened my knowledge and gave me up to date practice guidelines regarding the ABC's of Diabetes, A1C, Blood Pressure and Cholesterol clinical values and lab values for Kidney Disease. I learned 14 ways to walking off weight and participated in the Wellness Track learning Hawaiian Hula Basic as a form of exercise."

Anna Old Bear, Administrative Assistant – "During the 15th annual Native Diabetes Prevention Conference there were many informative sessions.

The one that I found very informative was titled 'Walk This Weigh' presented by Barbie Johnson, ACSM, NSCA-PT, LMT (Cherokee). The above listed session gave information about the 14 steps for walking as an exercise. Johnson also gave nutrition habits as well as attitudes and the mind.

I personally have been struggling with weight loss/gain and learned a lot from this session such as daily intake calories and the distance you would have to walk to burn the calories off.

Also, I learned about sugar and calorie intakes and how long you would have to walk to burn these calories off. For weight loss, Johnson said to avoid eating anything after 6 p.m. and to keep calorie intake of 1600 per day. Another suggestion was to walk after meals and walk for time not speed. In closing, Johnson said little changes make a big difference. I have since referred to my notes from this session to encourage me in my biggest challenge in my life which is weight loss and staying healthy."

Yolanda Van Hook, Optometry Technician – "My name is Yolanda VanHook. I work with Diabetes program and was given the opportunity to attend the conference in Phoenix. When we arrived to the meet and greet, we were able to meet the instructors and other people who work with diabetics. It's good to know that there are other people who really care about the clients who have diabetes.

The sessions I attended were insightful on what the diabetic is going through mentally as well as physically. The stress and the daily medications, taking their blood sugars and just the watching what they eat will do to them. Our keynote speaker gave statistics on what the native population diabetics in the nation.

Dr. Leonard Sanders also gave the ABC's on what diabetes mean. The other classes I attended through out the conference were the connection between stress, trauma and diabetes, healing heart wounds, a personal journey of healing, the role of traditional foods in diabetes prevention, integrating cultural knowledge into a healthy lifestyle camp for youth, taking responsibility in addressing diabetes.

The last day of the training we all watched a movie from a client who lost weight on just eating buffalo and vegetables to bring down his weight and control his diabetes. He educated me on the poor diet that some of our diabetes clients have and what they can do to help themselves as well as myself on how to eat and exercise to control diabetes and pre-diabetes patients.

My family has diabetes and I know that someday if I don't eat right or exercise that I will become diabetic. The conference was an opportunity that every person with diabetes should attend as well as people who serve the diabetics in the community. I know I have learned something valuable and will be able to teach and help our diabetics on their journey, as well as my own."

Marvina Black, Data Entry Clerk – "I enjoyed attending this conference. First of all and my favorite session 'Dangers of Energy Drinks and Diabetes'. The speaker was Mr. Thomas Yazzie, certified fitness instructor, Akchin Indian community.

The epidemic of diabetes in Native America is a top priority for all Native people. Popular among the youth and younger adults is the rise of energy drink consumption influenced by the media, celebrities and peers. Combined with a chronic illness (diabetes) this is a very dangerous avenue to an unsteady lifestyle.

With proper education and more community awareness to increase knowledge of how the effects of energy drinks and diabetes are a dangerous combination. Coaching methods and seeking professional help from certified personal trainers to create a comprehensive program within the scope of their profession. Collecting data and monitoring progressive stages of nutritional education, and a fitness program. Community interaction and family encouragement is the best way to help diabetes in a small community.

The results are physical activity and nutritional education with a partnership of behavior modification is shown to improve morale and promote self-esteem within the general population and Native communities.

Comprehending the differences between how energy drinks and their ingredients harm the medications and moods of diabetics. Make healthier choices.

In conclusion, individuals who have completed a comprehensive wellness program have seen a signifi-

***Diabetes conference**, continued on next page*

EATING well for DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

February is National Heart Month

Heart Disease What You Can Do To Prevent It

Don't smoke. Maintain a healthy weight Lose weight if you are overweight. Keep blood pressure under 130/80 and maintain cholesterol (LDL) below 100 A1C Blood Glucose Value less than 7. Regular physical activity most days of the week.

Making healthy food choices helps you maintain a healthy weight, keep blood glucose in check, keeps blood pressure and cholesterol within their normal levels.

Choose whole grain bread and dry cereal products; choose fresh or frozen vegetables as they have less sodium than canned vegetables. Choose less of vegetables that are prepared in butter and cream sauces.

Use low-fat or skim milk products over whole milk products.

Fiber binds with fats and helps reduce cholesterol increase fiber by eating fresh fruit or canned fruit in water. You need at least 25 grams a day.

Choose more liquid vegetables oils like canola, olive, safflower; low-fat or fat-free margarine with mo more than two grams saturated fat per tablespoon and no trans fat. Avoid trans fats and hydrogenated food products that contain butter, coconut oil, palm kernel oil, bacon gat and meat drippings.

Choose lean meats such as poultry and fish and less of the heavily marbled and fatty cuts of beef, pork or ham. Choose less processed meats like lunch meat and hot dogs.

Snacks should be 100 calories or less. Good choices would be fruit ice, gelatin, angel food cake, graham crackers, honey jam, jellies, sherbet, hard candies low-fat frozen yogurt. When preparing cakes, use applesauce instead of oil to help reduce fat.

Monitoring portions will help you maintain a healthy weight.

For more information contact the Diabetes Wellness Program at (800) 247-4612 ext. 27685.

Coming in March to celebrate National Nutrition Month the Diabetes Program will be having a contest to test your knowledge on nutrition. Prizes will be awarded daily and a grand prize will be given to the person who has the highest score at the end of the month. Stay tuned.

NATIVE YOUTH PREVENTING DIABETES
NYPD 2013
JUNE 10-14, 2013

Native Youth Preventing Diabetes 2013

5 Days/4 Nights of outdoor activities, Native American cultural activities and healthy Fun!!

REGISTER BY MAY 10, 2013
Call Tara Conway (405) 422-7685

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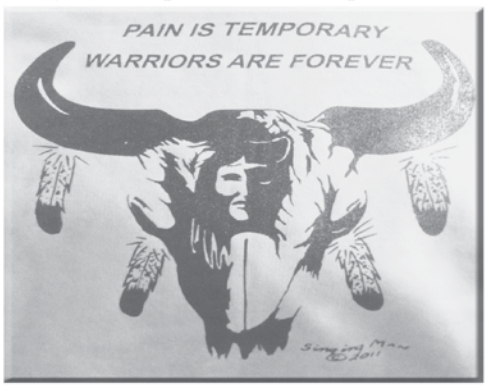

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Buffalo Burgers
Cooking with USDA Foods

Recipes furnished by the Cheyenne & Arapaho Food Distribution Program

2 lbs ground bison, 80-90 percent lean, medium texture preferred

1 - 1 1/4 tsp fine sea salt

1/4 - 1/2 tsp freshly ground black pepper

cooking oil (grape seed, peanut, or sunflower preferred) DO NOT USE Olive Oil

Break the ground bison up into small chunks by hand; spread the chunks evenly over a baking sheet. Sprinkle the ground meat with salt and pepper.

Shape the seasoned ground into 5 patties measuring about 4 inches in diameter and little over and inch thick. Try not to handle the meat excessively while shaping it into burgers. Over handling or compacting raw ground can result in a cooked burger that just doesn't have the right mouth feel to it. Density is increased and a lack of tenderness may be noticeable. Place the bison burger patties on a baking sheet or large plate. Cover burgers loosely with some plastic wrap. Refrigerate for at least an hour to allow the patties to set. (Patties can always be made well in advance.)

Throw on the grill and cook until done.

BRIEFS

Fund Reporting for Tribal Organizations

Feb. 19-20, 2013 at the Tropicana Hampton Inn in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Tribal Casino and Hotel Development Conference

Feb. 21-22, 2013 at the Casino Del Sol in Tuscon, Ariz. For more information or to register visit www.nativenationevents.org.

The 2013 NIEA Legislative Summit-Standing for High Quality Native American Education

Feb. 25-27, 2013 at the Holiday Inn Capitol in Washington, D.C. Register by Feb. 15. For more information visit www. niea.site-ym.com/legsummit2013.

Conducting Credible Tribal Elections

March 4-5, 2013 at the Radison Ft. McDowell in Phoenix, Ariz. For more information or to register visit www.falmouthinstitute.com.

Indian Country's Enrollment Summit

March 6-8, 2013 in Phoenix, Ariz. For more information or to register visit www.falmouthinstitute.com.

Tribal Education Management Summit

March 6-8, 2013 in Phoenix, Ariz. For more information www.falmouthinstitute.com.

Native American Guns and Hoses-Emergency Services and Management Conference

March 20-21, 2013 at the Hyatt French Quarter in New Orleans, LA. For more information visit www.nativenationevents.org.

Indian Gaming Phoenix 2013 Tradeshow and Convention

March 24-27, 2013 at the Phoenix Convention Center in Phoenix, Ariz. For more information or to register visit www. indiangaming.com.

The fourth annual Native American Health Care Conference and Native American Mental Health Symposium

March 25-26, 2013 at the Hyatt French Quarter in New Orlenas, LA. For more information or to register visit www.nativenationevents.org.

The seventh annual National Native American Economic Development Conference

May 20-21, 2013 at the Cosmopolitan of Las Vegas in Las Vegas, Nev. Information on managing and balancing debt, risk management, legal/IRS updates and financing for both gaming and non-gaming projects. For more information or to register visit www.nativenationevents.org.

The sixth annual Energy Projects in Indian Country Conference

May 20-21, 2013 at the Cosmopolitan of Las Vegas in Las Vegas, Nev. New developments in oil and gas, solar, wind and bio-mass. For more information or to register visit www.nativenationevents.org.

Diabetes conference

continued from page 9

cant increase in self-esteem, healthier cardiovascular system, peer-to-peer relationships, and a healthier outlook on life.

Looking at my family members that are living with diabetes and have chosen to use energy drinks have lead hospital stays with emergency surgeries and damage that results in longer healing time. I was really shocked to find out that consumption of energy drinks by the younger men could lead to cancer in some."

Roberta Hamilton, Community Health Nurse – "Ms. Bonnie White Bull gave an inspiring story of her life experiences of domestic violence and living with diabetes. After many years of living with domestic violence, White Bull neglected her diabetes.

That coupled with the many stressors she lived with, her physician put her on insulin. After successfully breaking the cycle of domestic violence, White Bull was also able to control her diabetes and get off insulin. Her story is very inspirational."

Aaron Denny, Fitness Assistant – "'ABC's of Diabetes'. Diabetes is a disease that plagues all of Indian Country, from the youth to the elders. Living with diabetes is not the end of the patient's life. In fact, living with diabetes is very much possible and controlling the disease can help to reverse diabetes.

According to Dr. Leonard Sanders from the Gila River Health Care unit, watching three things can help control diabetes and not only keep yourself healthy and happy but also your doctor.

Know your Diabetes ABC's. A for the A1C test. The A1C Test shows you what your blood glucose has been over the last three months. The A1C goal for many people is below 7. B for Blood Pressure The goal for most people is 130/80 C for Cholesterol The LDL goal for most people is less than 100. The HDL goal for most people is above 40."

Esther Noline Wilson, Youth Fitness Instructor –"I attended the 15th annual Native Diabetes Conference and attended many workshops where I received a wealth of useful information.

What stood out to me most from the conference is the video we watched called *Good Meat* and how with the buffalo meat, exercise and his spirituality this individual, who was a type II diabetes, lost weight by eating and exercising with the help of the doctor and his staff.

I also attended a workshop, 'Native Dance Aerobics' where we danced to the beat of 'Indian Car', the drum and flute. Steps were round dance, jingle and grass dance. Very fun and interesting way to keep fit. Hope to use that information in the communities."

Education outreach

continued from page 1

Hand games at Pawnee Schools on Feb. 17, so if your child is interested we will provide transportation on that day for your kids," Mann said.

The Oklahoma City Native American Student Services provides one-on-one academic, financial aid, personal, and cultural guidance along with peer mentor support connections to resources for tutoring, childcare, and health care/social services.

"I would like to see more of our tribes reach out to the public schools and let our families know of the resources that are available for their children. The Cheyenne and Arapaho tribes is the only one who is reaching out to the families of our students," Jacqueline Holder, Native American Student Services, chairperson said. "That is something to be very proud of. I hope that more tribes get on board and I would also like to see more parents come to these community meetings, unfortunately we don't have a lot of parent participation."

Holder said she speaks as a parent and advocate for Native children.

"We need to take up for our children," Holder stated. "We do a lot of fundraising through out the year to offset the cost of giving awards for our seniors and trophies for our elementary students. Since we are in the Oklahoma City area we don't fall into any jurisdication for federal funding, that is why have fundraisers."

Holder said one of the biggest fundraisers is the large powwow event held every November.

"We are really thankful to have the children in our public schools and we try to do so much to advocate for the kids. We make certain they are being taking care of and respected within the school system, making sure they get the education they deserve."

Additional education meetings have been held through the month of Feb. upcoming meetings include Canton High School cafeteria, Feb. 20, Seiling Community Center, Feb. 25, Watonga Middle School Cafeteria, Feb. 27 and Weatherford Middle School Cafeteria, March 6, all meetings begin at 6 p.m.

For more information about the Native American Student Services call (405) 587-0355 and to contact the Cheyenne and Arapaho tribes Education Department for any assistance contact Tallbear at (405) 422-7564.

ACT test information for tribal students

Students, there's still time to take the ACT test. An ACT test score is required for college or university admission.

Cheyenne and Arapaho tribal students may request the $35 payment from the Gaming-Higher Education Program by mailing the ACT packet with required documents to the Education Department office by the listed test dates.

Test Date	*Registration Deadline*	*Mail Packet By*
April 13	March 8	February 18-21
June 8	May 3	April 22-25

Documents required are:

1. A CDIB (not a copy of your tribal ID card), you may contact the Tribal Enrollment office at (405) 422-7600 and ask them to send our office the one-page CDIB.

2. Completed ACT application with signature and date, in the original ACT envelope, with the front and back of envelope completed, and not sealed. Be sure to write your high school code on the back. Mail your packet to Higher Education, PO Box 167, Concho, OK 73022, or bring it to the El Reno office at 200 Wolf Robe Circle in Concho, Okla. (the old boarding school building).

3. Include a completed gaming application (the form can be copied from the Cheyenne and Arapaho tribes' Website at www.c-a-tribes.org/education.

Students may contact their high school counselors to see if they are eligible for a fee waiver. Ask your Johnson-O'Malley Program or Indian Education Program to pay for one test.

The Higher Gaming Education Program can pay for one test per year. We do not pay late registration fees.

We need your entire packet mailed to us at least two weeks before the Registration Deadline in order to process a check.

We do not have resources to pay online ACT registration fees. We cannot reimburse for a test payment, since there is no longer an unmet need once the payment has been made.

Stephanie Dodge initiative

continued from page 3

agreement for other tribal social services (ICW and CPS) programs and IHS providers in their areas.

The objectives and services of the agreement are as follows:

Provide information about available resources of the IHS and tribes to foster and adoptive parents of the children.

Provide community training on the impact of child abuse and neglect.

Collaborate with other organizations that support foster care children.

Consultation of foster parents.

Provide therapy to the foster care children.

Provide a brief evaluation for the foster care children needing evaluations.

Develop consistent communications to identify, discuss and plan for behavioral health treatment.

Make referrals to medical audiologist, dental, optometry and pediatrics clinics.

Provide training in behavioral health symptoms and treatment to foster and adoptive parents for children, ICW employees and child protection services employees.

Provide training on child abuse, neglect, sexual abuse and physical abuse and child development to foster parents, ICW and child protection employees.

Serving as contacts for the Stephanie Dodge Initiative are Morgan, Yolanda Woods, ICW coordinator, Jason LaPierre, social services coordinator, Nancy Johnson, LCSW chief of behavioral health and Jerome Maxey, counseling psychologist.

This agreement is renewable for up to two additional years and was signed by Cheyenne and Arapaho Gov. Janice Prairie Chief-Boswell, and RADM Kevin Meeks, area director of IHS on Jan. 9, 2013.

For more information about the Stephanie Dodge Initiative contact Morgan at (405) 422-7877.

Executive Office Governor Janice Prairie Chief-Boswell Lt. Governor Amber Bighorse NOTICE OF UPCOMING COMMUNITY MEETINGS "COMMUNICATING WITH THE COMMUNITIES"

ALL MEETINGS BEGIN AT 6 P.M.

Feb. 28	Clinton Community Center Clinton, Okla.
March 14	Canton Community Center Canton, Okla.
March 28	Concho Community Center Concho, Okla.
April 11	OKC-Penn Avenue Church Oklahoma City

Powwows & Events CALENDAR

Memorial Service for Cora Nation

2 p.m., Saturday, Feb. 16, 2013 at the Indian Baptist Church in El Reno, Okla. The family extends an invitation to all to attend, share memories and a meal with the family.

Lucky Star Casino presents Eddie Money

Feb. 22, 2013 at the Lucky Star Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. For tickets call (405) 262-7612 or visit www.luckystarcasino.org.

Canton Powwow Benefit Dance

Feb. 23, 2013 at the Watonga Multi-Purpose building in Watonga, Okla. Supper served at 5 p.m. For more information contact Alan Fletcher at (405) 422-7706.

50th Birthday Dance for Cheyenne Chief Tommy White Thunder

March 2, 2013 at the Concho Community Center in Concho, Okla. Dance to begin at 3 p.m. Supper at 5 p.m. For more information call (405) 538-9651 or (405) 368-3450.

Western Heights Indian Education Powwow

March 2, 2013 from 1 p.m. - 10 p.m., 8401 S.W. 44th Street in Oklahoma City, Okla. For more information contact Angela Williams at (405) 350-3420.

Peoria Tribe of Indians of Oklahoma Stomp Dance

March 2, 2013 at the Ottawa/Peoria Cultural Center in Miami, Okla. Dinner at 5:30 p.m. Stomp dance at 7 p.m. Cake walks, raffles, 50/50. For more information contact the Peoria Tribal office at (918) 540-2535.

Memorial Dance for Robert Bruce Lone Bear

March 9, 2013 at the Clinton Community Center in Clinton, Okla. Family paint ceremony at 10 a.m., gourd dance at 3 p.m., supper at 5 p.m. For more information contact Kim Lone Bear at (580) 323-0370.

Lucky Star Casino presents Willie Nelson and Family

March 8, 2013 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m. Show begins at 8 p.m. For tickets call (405) 262-7612 or visit www.luckystarcasino.org.

Appreciation Dance for Gov. Janice Prairie Chief-Boswell and Lt. Gov. Amber Bighorse

March 9, 2013 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m., supper at 5 p.m. All vendors invited, $25/per booth. A special invitation to all princeses. For more information contact Joyce Wood at (405) 313-5007.

Red Earth Run

7 a.m., March 9, 2013 at the Regatta Park and River Trails along the Oklahoma River in Oklahoma City. Pre-registration, $25/adults, $20/students under 18 years of age. Race day registration $30/adults, $25/students under 18 years of age. For more information contact Eric Oesch at (405) 427-5228.

Honor Dance for 2012 Miss, Junior Miss and Little Miss Indian Oklahoma City

March 16, 2013 at the Shawnee Expo Center in Shawnee, Okla. Contests, raffles, cake drawings. For more information call Shirley at (405) 632-5227 or email swapskineh@sbcglobal.net.

The 2013 Miss, Junior Miss and Little Miss Indian Competition

6:30 p.m., March 16, 2013 at the Destiny Christian Center in Oklahoma City. Free admission, reception to follow. More information call Shirley at (405) 632-5227 or email swapskineh@sbcglobal.net.

Benefit Dance for Abigail Baker

March 16, 2013 at the Watonga Multi-Purpose Building in Watonga, Okla. Gourd dance at 3 p.m., dinner at 4 p.m. Abigail has been chosen to attend the People-to-People Leadership Ambassador Program in Washington, D.C. All proceeds will be donated for her tuition and travel expenses.

The Chilocco Indian School Alumni Reunion and Powwow

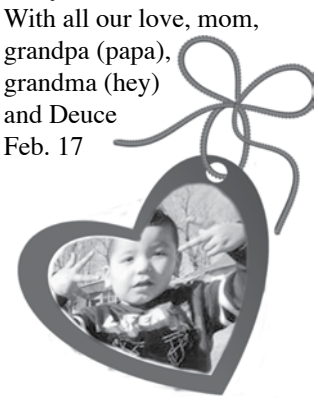
May 30 - June 2, 2013 at the First Council Casino Event Center and Chilocco Campus in Newkirk, Okla. For more information contact Jerry Hogner at (918) 437-3509 or Marie Jenkins at (580) 716-5326.

Cheyenne and Arapaho Education Department Community Meetings

Feb. 20-6 p.m. Canton High School Cafeteria
Feb. 25-6 p.m. Seiling Community Center
Feb. 27-6 p.m. Watonga Middle School Cafeteria
Mar. 6 - 6 p.m. Weatherford Middle School Cafeteria

Happy Birthday

Happy 4th Birthday
Bihiya Hamilton
With all our love, mom, grandpa (papa), grandma (hey) and Deuce
Feb. 17



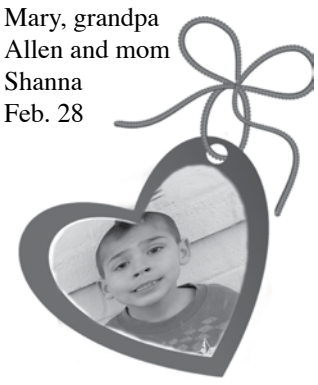
Happy Valentines Day
Konner and Kaiden

Happy Birthday
Konner
Feb. 24
Love you mom and dad

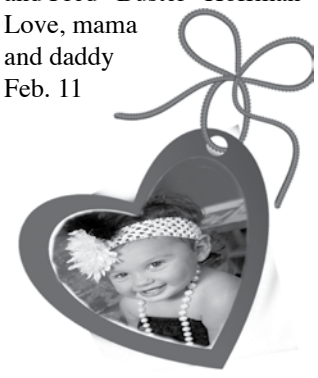
Happy Belated 31st Birthday
Gregory Fletcher
Feb. 7
Love you mom

Happy Anniversary
Thomas and Margaret Fasthorse Feb. 9
When years are passing by like days, and in my hand your hand is placed, a knowing smile crosses your face, a simple touch can still make my heart race. When I can see my soul in your eyes, and you see your soul in mine we realize, that a love so deep can harbor no lies, where our only tears shed were happy tears we've cried. I love you as much now as I ever did before, if possible, I may even love you more, all starting from a feeling we did not ignore, a feeling of connection we chose to explore. I don't know what it is that you saw in me, what I saw in you was the utmost happiness that can ever be, even more so on the day when you and I became "We"
I can still smile and say with love and truth Honey, I love you. Happy Anniversary.

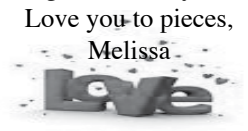
Happy 7th Birthday
Bobby Popetsaike
Love, dad, grandma Mary, grandpa Allen and mom Shanna
Feb. 28



Happy 2nd Birthday
Sophie Isabella Chapman!!
Daughter of Tommy and Jocelyn Chapman, granddaughter of Johnnie and Arlene (Hoffman) Chapman, great-granddaughter of Alice Wood, great-granddaughter of the late Kathryn Hoffman and Fred "Buster" Hoffman
Love, mama and daddy
Feb. 11



Happy 39th Birthday
To my brothers and sister, Truman, Anthony and Vanessa
Feb. 16
Hope you all have a triple great birthday!!
Love you to pieces,
Melissa



Happy Valentines Day and Birthday
Rachal Littlebird
Love, Bonnie, Kenneth and Kids

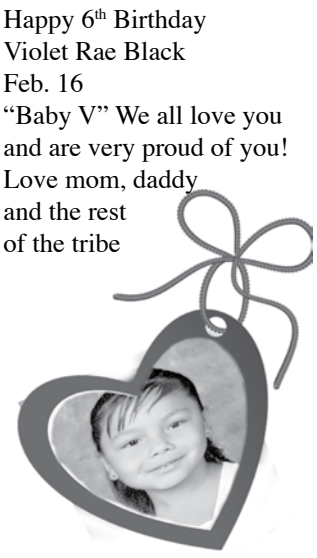
Happy Belated Birthday to my sister Clarice White Skunk Jacket. I will always remember all you have done for me, you are a blessed person because you have a heart of gold, I know your going to be a perfect grandma. Love you sister, Hallie and the rest of the Elk River-White Skunk crew. Jan. 31

In Loving Memory of
Deforest 'Mock' Tallbear
Sept. 8, 1952
Jan. 19, 2012

I will never say goodbye to you my Father because I know this is not the end for us to see each other. You will only be going to a place where there's no pain nor suffering. I am happy for you, for you will be with God. For now we need to go in separate ways.
I remember how your arms hold me and give me strength. You were always there to listen, love, and defend me in everything. You were my very best friend. In my triumphs you were always proud.
I'm very grateful and proud to call you my dad.
Here deep inside my heart you'll always be.
I would give up everything I have just to hug you one more time. I remember the last time I held your hand and how you looked at me in the eyes. If only I could turn back the time I would have never let you go.
I felt the world stop and my heart stop beating when they told me you were gone…….
How I wish I was only dreaming. Just like the rain; tears fell down from my eyes, I couldn't speak for awhile. Thank you dad ...
For always understanding, listening, caring, and loving me your whole life.
The greatest gift God gave me was you, My dad ...
It's difficult to let you go but I must ...
I must return the gift God gave me ...
Till then; See you in Heaven,
Love, Margaret, De, Mitchell, Malaina

Happy 1st Birthday to our little princess Cayli Anyah Pedro
One wonderful year baby girl and many more to come! This world has been such a better place for us since you came into our world. We love you so much! Nothing but love baby girl, your momma Leah, daddy GP, big brother Gregory, big sister Carlina, grandmas, grandpas, cousins,uncles, aunties and everyone

Happy 6th Birthday
Violet Rae Black
Feb. 16
"Baby V" We all love you and are very proud of you!
Love mom, daddy and the rest of the tribe



Happy Valentine's Day baby!!
I love you and our beautiful grandkids with all my heart
Love always and forever,
Daddy G

Happy Valentine's Day

I just wanted to say Happy Valentine's Day to my two handsome little men, Johnnie Joe and Joshua Perkins.
Momma loves you!!

Rest in Paradise
Niehhi Skidi Hamilton Sr.
Eagle
Feb. 18, 1986
Nov. 24, 2010

I pray for you every night before I go to sleep, and every time I think I hear you creep. Sometimes it's more like you're still here, I look at the door and wait for you to appear. Then I realize you're not home, and go back to feeling so alone.
I love you so much you just don't know, no matter what you'll always be my little brother. Love you always little BIG brother, more than anyone would ever know your sisters, Leah, Gracie, Desiree and brothers, Will, Justin and Sean.

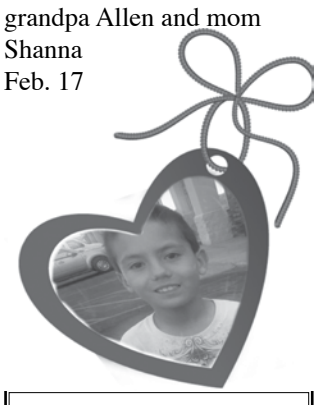
Happy Birthday
Grandpa –aka- daddy –G!!
May Ma'heo bless you with many more
We all love you very much, now go get that Birthday Free Play!!
Love always
your sons, Preston and Derek

Happy Birthday
Feb. 23
Renda RedShin!
Love your kids and grandbabies

Happy Valentines Dav
La'Shaylan, Keely, Ethan, Ariel, Arianna and Aiden
Love Bonnie and Kenneth

Happy Birthday son,
Rhino Foster
Jan. 20
We all know that theirs not another person like you! You were born in a million! Ask us, mom Nell, Doesha, Sam Dog, Dee and kids.

Happy 7th Birthday
Flair Popetsaike
Love, dad, grandma Mary, grandpa Allen and mom Shanna
Feb. 17

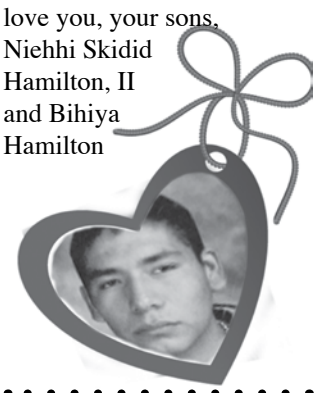


Happy Valentines Day

Staci, Tira, Ryan, Jana, Shawn, Theresa and Tia
Love, Bonnie and Kenneth

Happy 39th Birthday
Truman, Anthony and Vanessa Pedro!
Love Joe, Samarrah, James, Joey, Jason and Alicia Gallegos

Happy Birthday daddy
Feb. 18
We miss and will always love you, your sons,
Niehhi Skidid Hamilton, II
and Bihiya Hamilton



Happy Sweet Sixteen
Feb. 6
To my baby girl Tehya Letha Ann Brush.
God bless you in everything you do at Riverside Indian School. We love you precious from all your family from the 4 states Colorado, Nebraska, Kansas and Okalahoma. Your aunts, uncles, cousins, nieces and nephews, Elk River-White Skunk crew and most of all your mom, Hollie

Happy Valentine's Day to my grandsons, Niehhi and Bi-hi-ya Hamilton, from your grandma Agnes Littlehawk

Obituaries

Kathy Mae Ricketts
July 11, 1960 - Jan. 24, 2013

A Wake service was held for Kathy Mae Ricketts on Jan. 27, 2013 at Seiling-Fonda Community Center in Seiling, Okla.
Funeral services were held on Jan. 28, 2013 at Seiling-Fonda Community Center in Seiling, Okla.

Clarence David Meat Sr.
Sept. 26, 1958 - Feb. 4, 2013

An all night Wake service was held for Clarence Meat Sr. on Feb. 7, 2013 at the Canton Gym facility.
Funeral services were held on Feb. 8, 2013 at the Canton Gym facility in Canton, Okla.

Lisa Joann Pawnee
Aug. 12, 1969 - Feb. 1, 2013

A Wake service was held for Lisa Joann Pawnee on Feb. 4, 2013 at the Concho Community Hall in Concho, Okla.
Funeral services were held on Feb. 5, 2013 at the Huber Benson Funeral Chapel in El Reno, Okla.

Thelma Jean Little Elk
Jan. 22, 1950 - Jan. 28, 2013

A Wake service was held for Thelma Jean Little Elk on Jan. 31, 2013 at Hammon Community Building in Hammon, Okla.
Funeral services were held on Feb. 1, 2013 at the Hammon Community Church in Hammon, Okla.

Kerwen Whiteshield
Dec. 14, 1955 - Jan. 24, 2013

An all night Wake service was held for Kerwen Whiteshield on Jan. 27, 2013 at Watonga Community Building in Watonga, Okla.
Funerals services were held on Jan. 28, 2013 at the Watonga Community Building in Watonga, Okla.

JOBS find your Career

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org.

Victims Advocate, Domestic Violence Program
Department of Social Services, Concho Okla.
Closing date: Feb. 25, 2013

Qualifications:

Must have high school diploma and AA degree; Two years of documented experience in satisfactory public service position. (No exceptions.) Substitutions of experience for education may be made only for the Associate Degree ability to perform necessary duties after normal business hours on a regular basis Ability to be on-call status, if necessary. Valid Oklahoma driver's license. Willingness and ability to pass successfully a background check which proves fitness of character for position Cheyenne-Arapaho preference.

SALARY: Negotiable

Community Health Representative, CHR Program (Permanent)
Area 1
Elreno, Concho, Calument and Kingfisher
Area 2
(Watonga,Geary,Longdale/ Canton and Seiling)
Area 3
Thomas,Weatherford,Clinton,Hammon/ElkCity
Closing Date: Until filled

Qualifications:

Be able to perform various functions such as public health screens/activities, regular home visits, public health awareness, document and submit Patient Care Component (PCC) reports, transport clients to medical appointments, measure vital signs and height/weight, understand and write medical terminology, record accurate mileage/maintenance logs. Valid Okla. driver's license and be insurable under the tribe's insurance. Must reside in service area. Must pass a physical be in physical good health with proof TB Skin test and other immunizations. Must pass basic CHR and First Responder Training within one year. Travel required. Maintain GSA vehicle responsibly and follow policy. Must pass OSBI background check. Must high school diploma or GED. Must have own vehicle and residential telephone. Work outside of the hours 8 a.m. to 5 p.m. Be able to utilize computer and email system. Work under stressful conditions. Must follow Tribal policies and procedures. Cheyenne-Arapaho preference

SALARY: Negotiable

Staff Accountant
2 Positions-Treasury
Closing Date: Until Filled

Qualifications:

Prefer AA degree in accounting or a minimum of two years experience in tribal accounting. Experience and knowledge of generally accepted accounting principles. Skill with both spreadsheet and word processing programs. Experience with fund accounting software packages, ie; MIPAble, to organize projects and analyze information in order to complete assigned projects. Communication skills both oral and written. Detail oriented with strong analytical skills.

SALARY: Negotiable

Outreach Specialist
SWOSU

Southwestern Oklahoma State University invites applications for the position of: Outreach Specialist, Cheyenne and Arapaho Tribal College, Position 13-S048 For more information visit www.swosu.edu or contact Office of Human Resources (580) 774-6012 located in the SWOSU, Administration Building, Room 101, 100 Campus Drive, Weatherford, OK 73096. SWOSU is an AA/EEO employer and encourages applications from minorities and women.

Clinton Site Coordinator
R.E.Sp.E.C.T. Program, Clinton, OK
Closing Date: Until filled

Qualifications:

AA degree preferred or two years of work experience in related field or its equivalent. Must receive and maintain CPR/First Aid certifications. Knowledgeable of the Cheyenne and Arapaho people, communities, traditions, culture and customs. Valid high school diploma/GED required. Valid Oklahoma driver's license. TERO applies (Cheyenne and Arapaho Tribal preference)and must pass a background check.

SALARY: Negotiable

Content Producer/Writer Videographer/Reporter
Closing Date: Until Filled

Qualifications:

High school diploma or GED certification required. Minimum three years experience writing, producing and shooting news stories.Valid Oklahoma driver's license. Willingness to travel and work nights and weekends, if necessary. A great attitude and good work ethics a must. Tribal preference.

SALARY: Negotiable

Videographer/Editor CATV
Closing Date: Until Filled

Qualifications:

High school diploma or GED certification required. Minimum two years experience shooting and editing. Valid Oklahoma driver's license required. Willingness to travel and work nights and weekends. Tribal preference.

SALARY: Negotiable

Custodian – On call
Watonga Multi-Purpose Center
Closing Date: Until filled

Qualifications:

Performs daily cleaning tasks, set up tables and chairs for scheduled meetings and monitors events, as well as other duties assigned; related to all the Community Halls. High school diploma or GED. One year's experience in custodial work desirable. Must know methods, materials and equipment used in custodial work. Experience may substitute for education. Ability to follow oral and written directions. Valid Oklahoma driver's license. Cheyenne-Arapaho Preference

SALARY: Negotiable

Child Protection Worker Social Services
Closing Date: Until filled

Qualifications:

Prefer BA degree in related field. Knowledge of various laws, regulations and procedures including the Indian Child Welfare Act and the CFR court procedures. Knowledge of tribal and community resources. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Valid Oklahoma driver's license. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Ability to work with difficult clientele with various social problems and needs.

SALARY: Negotiable

Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous

Qualifications:

CDA, AA, BA Degree in Early Childhood education and a minimum of two years experience working in an early childhood education classroom or an equivalent combination of training and experience. Early childhood education formal training and able to receive a CDA or an AA degree within 180 days of employment. Must pass drug and alcohol test. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background investigation.

SALARY: Negotiable

Substitute Teacher Aides-Head Start
Concho, Clinton, Canton
Closing Date:Continuous

Qualifications:

High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Work effectively with low-income and special needs children. Ability to work effectively in cross-cultural situations. Use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL.Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background Investigation.

SALARY: Negotiable

Full Time CHR Van Driver
C-A Service Area
Closing Date: Until filled

Qualifications:

Valid Oklahoma driver's license and current driving record from the Oklahoma Department of Transportation. Obtain a current CPR certification. Must reside in or near service area. Must pass physical examination and be in good physical condition. TB Skin Test Required. High School diploma or GED certification required. Satisfy an OSBI Background Check. Must have own reliable vehicle and residential telephone. Cannot have a history of chemical abuse. Must attend training and continuing education requirements. Must be able to communicate effectively with different personalities. Cheyenne-Arapaho preference.

SALARY: Negotiable

Director
Culture and Heritage
Closing date: Until filled

Qualifications:

BA degree in business or Native American studies preferred. AA degree with at least 5 years experience in Cheyenne and Arapaho traditional activities will be acceptable. Three years supervisory experience. The incumbent must be thoroughly familiar with the culture, history and traditions of the Cheyenne-Arapaho tribes. Must be able to make decisions independently and justify all decisions made. Must be able to meet with the tribal members on an individual and group basis. Must be able to demonstrate professional conduct. Must be able to work a flexible schedule. Valid Oklahoma driver's license. Cheyenne-Arapaho preference.

SALARY: Negotiable

Cook Aide, Head Start Program
Head Start Center, Clinton
Closing date: Feb. 22, 2013

Qualifications:

High School diploma or GED. Have a current food handler's card. Must be in good health and be free from communicable diseases. Must have experience in food preparation. Preference given to Head Start parents. Knowledge of Head Start is desirable. Ability to work with low-income families and to function effectively in cross cultural situations. Valid Oklahoma driver's license and insured vehicle available for use on the job. Must be willing to obtain CDL and bus driver's certification. Maintain compliance with Criminal History Registry. Random drug testing, ability to manage physical active children ages three through five, within a weight range up to 60 pounds, including lifting, restraining, guiding, pursuing, withstanding sudden movements. Ability to move or lift supplies and equipment up to 50 pounds.

SALARY: Negotiable

Canton Facility Coordinator
Closing Date: Until filled

Qualifications:

AA degree preferred or two years of supervisory experience. Must possess a high school diploma/GED. Must receive and maintain CPR/First Aid certifications. Knowledge of Cheyenne and Arapaho people, communities, traditions, culture and customs. Must be able to communicate effectively orally and in writing. Valid Oklahoma driver's license and pass a background check. Cheyenne-Arapaho preference

SALARY: Negotiable

Wellness Technician (Concho)
R.E.Sp.E.C.T. Program
Closing Date: Until filled

Qualifications:

Must have at least one year of experience working sports, recreational field. Knowledge to the tribal member's culture, heritage and beliefs. Good health and physical fitness a plus. Adult and child CPR/first aid certificate required. Valid Oklahoma driver's license. High school diploma or GED. Must be able to perform professionally and culturally appropriate manner. Cheyenne and Arapaho preference

SALARY: Negotiable

Tribal Youth Counselor
Canton, Okla.
Closing Date: Until filled

Qualifications:

Bachelor's Degree in Education, Social Work, or related field preferred; or an equivalent combination of education and experience working with tribal youth, alcohol or drug prevention, substituting one year of experience in teaching for each year of the required education. Must possess a current Okla. driver's license and have a clean driving record. Pass an OSBI background check and drug test. Must be able to work flexible hours. Cheyenne-Arapaho Preference.

SALARY: Negotiable

Teacher-Child Care
Concho Child Develop.
Closing Date: Continous

Qualifications:

Teachers hired after July 1, 1995 are required to be at least 18 years of age, have a high school diploma or G.E.D. certification or have completed the tenth grade and be in the process of obtaining a GED for a period not to exceed 12 months. Must sign employee contract stating employee will attain CDA or Mastery Certification to maintain employment. Must have a valid Oklahoma driver's license. Must pass a physical exam and be able to lift 50lbs. Must be physically fit to work daily with children. Must demonstrate basic knowledge of early childhood development. Must attend staff meetings as well as parent meetings when required. Must submit monthly reports. Must attend workshops and have adequate transportation. Must have skills to relate to the community in general. Must pass a criminal background check. Must pass mandatory drug and alcohol test. Willing to work flexible work schedule. Cheyenne and Arapaho preference.

SALARY: Negotiable

Tribal Youth Counselor (Part Time)
Geary, Okla.
Closing Date: Until filled

Qualifications:

Bachelor's Degree in Education, Social Work, or related field preferred; or an equivalent combination of education and experience working with tribal youth, alcohol or drug prevention, substituting one year of experience in teaching for each year of the required education. Must possess a current Oklahoma driver's license and have a clean driving record. Pass an OSBI background check and drug test. Must be able to work flexible hours. Cheyenne-Arapaho Preference.

SALARY: Negotiable

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P. O. BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED FEB – 7 2013 IN THE TRIAL COURT
DOCKET____ PAGE____ FILM____ IMAGE____ COURT CLERK Rebekah Martin DEPUTY

IN THE MATTER OF THE EMANCIPATION OF FELICIA MARIE FRANCIS COFFEY, a minor

Case No. CIV-2013-12

NOTICE OF HEARING

Notice is hereby given that Felicia Marie Francis Coffey, a minor, has petitioned the Court to confer rights of majority upon petitioner relating to contracts and the transaction of business.

That pursuant to an order of this Court issued on the 7th day of February 2013, this matter is set for hearing before this Court on the 7th day of March, 2013, at 10:00 o'clock A .m.

Rebekah Martin
Court Clerk Deputy

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED JAN 28 2013 IN THE TRIAL COURT
DOCKET____ PAGE____ FILM____ IMAGE____ COURT CLERK____ DEPUTY

IN THE DISTRICT COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

ANDREW WHITE EAGLE ADAM, Petitioner,
vs.
FRANCINE MARIE LEFTHAND-ADAM, Respondent,

Case No: JFD-2013-0004

NOTICE BY PUBLICATION

THE CHEYENNE-ARAPAHO TRIBES TO: Francine Marie Lefthand-Adam

TAKE NOTICE, that you have been sued by the filing of a Petition on JANUARY 24, 2013, in the Trial Court of the Cheyenne-Arapaho Tribes, State of Oklahoma, by the Petitioner, Andrew White Eagle Adam, for a divorce on the grounds of incompatibility and gross neglect of duty and you have until MARCH 8, 2013 to answer said Petition; You may appear at the Final Hearing set on the 27th day of MARCH, 2013 at 10:00 A.M., at the Courthouse, 700 N. Black Kettle Boulevard, Concho, Oklahoma or the petition will be taken as true and a judgment will be rendered for the Petitioner granting him a decree of divorce, custody, visitation and child support of parties minor children; and equitable division of marital debts and assets.

Issued this 28th. day of JANUARY, 2013.

Ricque Richardson, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

Petitioner:
Andrew White Eagle Adam
P.O. Box 61
Geary, OK 73040

The family of Doyle Lonelodge would like to thank all the basketball players and fans who came out to participate in the 6th annual Doyle Lonelodge Memorial Basketball Tournament held on Jan. 27, 2013 at the Jenks Simmons Annex Gymnasium in El Reno, Okla.

It was a pleasure to have an opportunity to come together and join us in remembering Doyle through basketball. It brings a great deal of comfort to our hearts. We had a great time and we hope everyone enjoyed their selves. We are looking forward to seeing you again next year.

A special thank you to the R.E.Sp.E.C.T. Program for all the hard work and effort they put into making Doyle's Memorial Tournament a great success and a memorable one as in the past five years as well.

Denise, Tommy, Latoya, Trent and Doyle, Jr.

CLOSING

Cheyenne and Arapaho Tribal offices will be closed Monday, Feb. 18, 2013 in observance of President's Day. Offices will reopen Tuesday, Feb. 19, 2013 at 8a.m.

Darlington Homecoming

2012-2013

Photos by Rebecka Lyman

Darlington's Basketball team and classmates announced their new king and queen on Friday night, Feb 1. 2013. Elijah Wilson and Rachelle RomanNose were the two students crowned.

Elijah Wilson, 13, is the son of Sunny and Jeffrey A. Wilson, he has attended Darlington Public School since pre-school. He has five siblings, Evy, Ethan, William, Xavier and Sasha.

Elijah has made honor roll several times and he enjoys participating in every sport, basketball and football are his favorite. Elijah's inspiration is Kevin Durant and he plays for a league basketball team, HEAT. He also enjoys a variety of music. His music preferences vary from the oldies such as Al Green, The Temptations, Bob Marley and country artists, George Strait and Luke Bryan, along with Kirko bangs and Kendrick Lamar. Elijah was voted Biggest flirt and Best bud by his classmates.

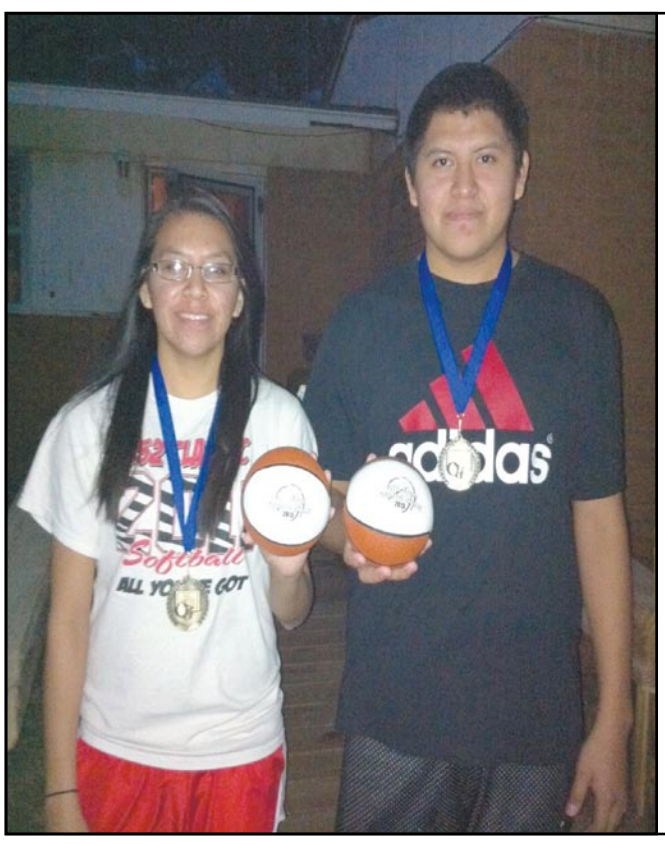
Rachelle Lynn RomanNose is the daughter of Parry and Stephanie Roman Nose, granddaughter of Quinton and Ladonna RomanNose, Dara Franklin, and the late Billy Whitlow. She has two younger brothers, Evan and Carter and one younger sister, Eryn. She attends Darlington Public School where she has attended since pre-school. She is an A and B student, has been on the principle's honor roll all year. She loves to read, listen to music and hang out with her grandma Dara.

Rachelle plays basketball for her school team and has been playing since she was in kindergarten, she also plays basketball year around with the Cheyenne and Arapaho R.E.Sp.E.C.T. Program, last year she was a part of the 7th and 8th grade team that went undefeated and won the ORES State Tournament.

Rachelle was voted Most likely to be famous and Most talkative by her classmates.

The Homecoming court included, Adelia Owens, Alisha Sealy, Abby, Darragh, Mary Elledge, Annie Slinkey, Destine, Richards, Zhoonie Sherman, Shelby, Wehmuller, Ramona Pierson, Mackenzy Williams, Mariah Whireman, Dominic Guzman, Taie Shockley, Aaron Whiteman, Jarred Blurton, Allen Sioux, Christian Guzman, Karl Thunderbull, Randy Orr, Sir Campbell, Ethan Wilson, DaShawn Lucas and Warren Williams. The flower girl and crown bearer were twins Emmary Elizondo and Alex Elizondo.

Following the crowning ceremony the students enjoyed an evening of dancing in the schools gymnasium.



Brother and sister make All-Tournament team

Submitted article

Morgan Bullcoming and Baylen Bullcoming were both selected to the All-Tournament Team during the Caddo County High School basketball tournament in January 2013. They both received a medal and a mini basketball.

Morgan and Baylen are students at Lookeba-Sickles High School. Morgan is a senior and has been a four year starter as point guard for the Lady Panthers Basketball team under Coach Tim Callison

Baylen is a sophomore and a starter for the Panthers Boys Basketball team under Coach Landon Scales.

They are the children of Angela Silago and Donald Bullcoming Jr., grandchildren of Clifford Silago and the late Sharon Silago, Esther Seger and the late Donald Bullcoming Sr.

SPORTS SPOTLIGHT

Abigail and Kayla Reynolds, Clinton High School

Interview and photos by Rebecka Lyman

Abigail Reynolds, 17, student and basketball player for Clinton High School.

What got you started playing basketball?

My older sister Shelby played a lot of sports and she is very competitive. When I was younger I stayed at home a lot and just watched TV. When I was fifth grade I wanted to try out for the basketball team, so I did and I made it.

What one or two things do you currently do in your training that are keys to your success?

Well I have a job at the water park so every chance I get will practice and go to the gym with my sister.

What would be you ultimate achievement?

Our team has won districts for two years and I would like to win it again. I am also proud to be on the Varsity team since I was a freshman.

What is one of your biggest challenges, and what do you do to manage this challenge?

My opponents trying to break them and find their weakness. I will focus on how they play. Our coach shows us films of the team we play before a game.

What is one or two things that differentiates you from your peers who have tailed off in their athletic participation and abilities?

I just make basketball the most important thing.

What is the best advice you ever been given?

My last years old said to me to always do my best even when no one else acknowledges it.

What do you do in your off season?

I run to keep myself in shape.

Who is the one person you look up to?

My mom, because she is one of the toughest women I know.

Do you have any hobbies?

Yes, I dance in the Jingle Dress category since I was a very little girl.

What kind of music do you enjoy?

I like to listen to R&B and hip-hop.

What is the one thing someone may not know about you?

Oh I am very superstitious, this season I did not start off very good because I did not have my old basketball number. Now I have my number back and I am playing amazing now.

What are you your plans after high school?

I am attending UCO and majoring in sports medicine. I have already applied and I waiting to hear back from them. Coach Jordon is putting in a good word for me, she believes that in me and believes I am good enough to play ball for them.

Kayla Reynolds, 15, student and athlete at Clinton High School.

What sports do you play?

I play volleyball, softball, basketball and tennis. My favorite sport is volleyball and position is either left or middle. I play post in basketball, softball I play softball for a league team in Hammon. I play doubles in tennis.

How old were you when you started playing volleyball?

I was in fourth grade when we lived in Phoenix.

What is your biggest accomplishment?

Making it on the varsity team for every sport I play.

What is one or two things do you currently do that are keys to your success?

I have the heart for playing sports and I don't give up on anything, I push forward even when I know we may loose a game or match.

What would be your ultimate achievement?

To get a full scholarship for ball, it does not matter which sport it is.

What is your biggest challenge, and what do you do to manage that challenge?

I have to say keeping my grades up, it is sometimes hard. I do my best to pay attention and listen in class.

Who do you look up to?

I look up to my sister Abigail she is really good at basketball and a very good person.

Last week I just got back from a knee injury and I was kind of scared to play in the game. She told me not to be and just gets out there to do my best and that everything will be all right.

How long were you not able to play basketball?

I was out for 3 weeks, when I was in game a girl fell on my knee and my knee swelled up. I got fluid on it and tore my ACL.

When was that last time you seen your physician?

Last week was when he released me after my last physical therapy session.

Do you have a saying or a motto that you live by?

You are never too old to live a different dream.

Are you involved in other activities other than sports?

I compete at powwows, my grandma made my first dress it was yellow. I dance in the Fancy Shaw category.

What is one of your most memorable moments?

When I was a freshmen and playing in a tournament against a pretty hard team. I made the wining point right when the buzzer went off. We were the loosing team, so it was pretty exciting.

What do you plan on doing after high school?

My hopes are to get into a college playing sports, but if not I will go into the Air Force.

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